



The Art of Sustainable Living: based on the principles of One Planet Living

1. HEALTH and HAPPINESS: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the fourth of the One Planet Living principles and the third in the **AND** group: that's **HEALTH and HAPPINESS**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community, is rising wealth and greater health and happiness increasingly diverge, raising questions about the true basis of well-being and contentment.

To address this challenge, we must increase or support high levels of physical, social, mental, and emotional health and increase or support high levels of happiness and well being.

So how do we achieve good health and where do we seek happiness? Well, that's a different answer for each one of us but thankfully there are people who make a career out of studying these questions among them scientists, psychologists, and spiritual leaders to name but a few. Despite the range of disciplines exploring this subject some common themes have been identified which will help us reach a state of wellbeing.

Having strong relationships with family and friends is considered to have a significant impact on our happiness.

A work / life balance where you feel content in both areas of your life and have sufficient income to meet your needs.

Regular exercise, especially in green spaces. The role of parks, gardens and green space in our mental health is vital. Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing. So, hug that tree and make time for the great outdoors.

Acts of kindness including complimenting others, doing favours, being a good neighbour, donating to charity, or volunteering to help others and enjoy meaningful interactions with your community.

Living in the moment by choosing not to dwell on the past or worry about the future but instead practising mindfulness and being fully focused on or mentally involved in what one is doing or experiencing.

Choosing experiences over possessions and making a shift away from seeking happiness in materialism. Happiness in this category is usually fleeting and draws heavily on the planet's valuable resources as we seek one thrill after another. Now is the time to seek a change from this thinking.

The Green Centre is run entirely by volunteers, and we make significant donations to charities, so we score high in the kindness category. Our workplace has been designed based on ideas borrowed from therapeutic communities: these are places where the social relationships, structure of the day and different activities together are all deliberately designed to help people's health and well-being.

You can find out more about the Green Centre's **HEALTH and HAPPINESS** journey on our website along with a **FACT SHEET** to help you map out your own bespoke adventure.

Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

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