

# **Landscapes Of Sustainable Wellbeing:** Integrating Awareness And Connectedness Through Multiscale Perspectives On Participation In Urban Green Spaces.

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# **Urban Green Spaces and Citizens willingness to Co-exist with Wildlife in a sustainable way**

Understanding a human and societal development perspective of the Urban green spaces

# AWARENESS + CONNECTEDNESS

For achieving sustainable urban coexistence

# Chapters

- A) Definition of a sustainable lifestyle/story connected with UGS.
- B) Definitions of the attributes that will address a change in behavior and balance wellbeing of humans, pets and wildlife.
- C) Ways to realistically present citizens with options and scenarios that allow for new values to take place.

# A) Definition of a sustainable lifestyle/story connected with UGS.

Yuval Noah Harari – historian and author

- Shared narratives for collective beliefs and social structures
- Stories bind individuals together, creating a common identity
- Narratives transcend individual experiences, fostering collective understanding
- Stories influence behaviors, cultural norms, and shape collective consciousness
- Storytelling instills purpose, social context, and inspires collective action
- Narratives are strategic tools for change, connecting emotionally and motivating communities

## Enlightenment

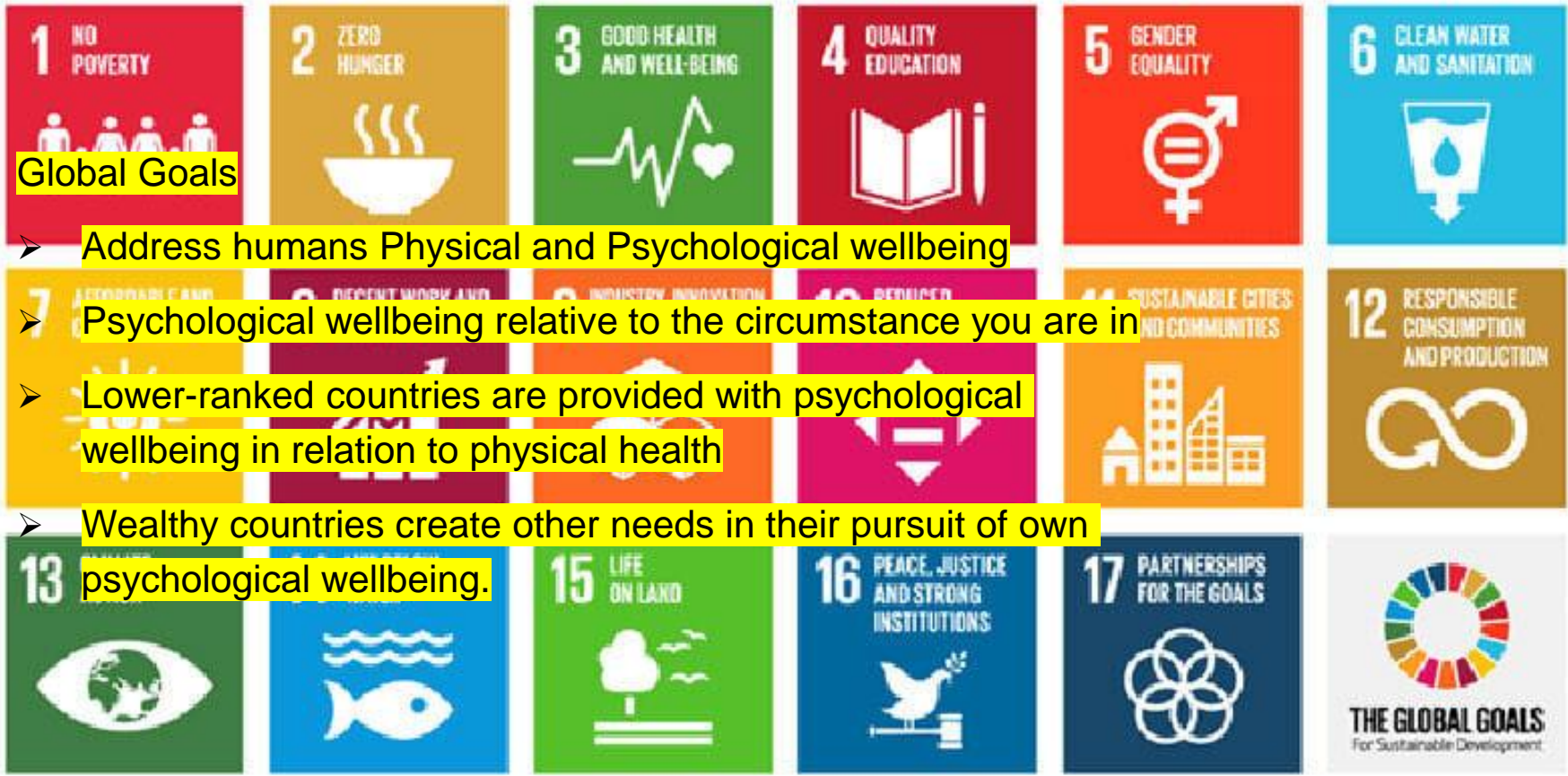
- Problems exist in the outside world more so than our relationship to it
- Focus on solving problems in the world, rather than directing criticism towards ourselves



## Western Psychology

- Maslows hierarchy of needs
- Wellbeing based on circumstantial factors
- Creating a culture of pursuit and consumption





**Global Goals**

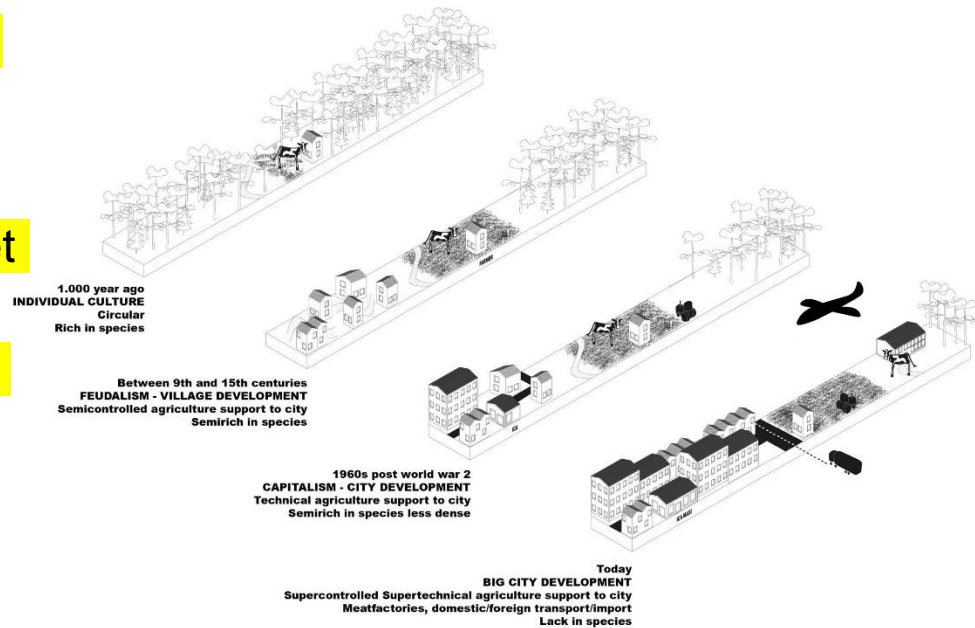
- Address humans Physical and Psychological wellbeing
- Psychological wellbeing relative to the circumstance you are in
- Lower-ranked countries are provided with psychological wellbeing in relation to physical health
- Wealthy countries create other needs in their pursuit of own psychological wellbeing.



## Western psychological wellbeing and the Modern Capitalistic world

- A story, collective mental state and social arrangement where the planet is seen as a pile of resources that we should try to maintain and share equally to support as many of our needs as possible.

*Historical organization of a city*




## Industrialized and Technologized

- Organized needs and behaviors within the city
- Creating new needs within the city-system
- City of needs grows, and push the border further
- Nature deficit disorder

## Political Philosophy

- Critique of capital philosophy
- Creating atomic persons
- Rather than focusing on giving the individual a good alternative and a place to find meaning in, in the greater societal structure.



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- Despite the urgency of sustainable development, we most often fail to inspire consistent actions towards its goals.
  - From a subjective point of view the immediate feelings and personal circumstances tend to guide more than the overarching stories of equality and planetary health.

## Sustainable wellbeing

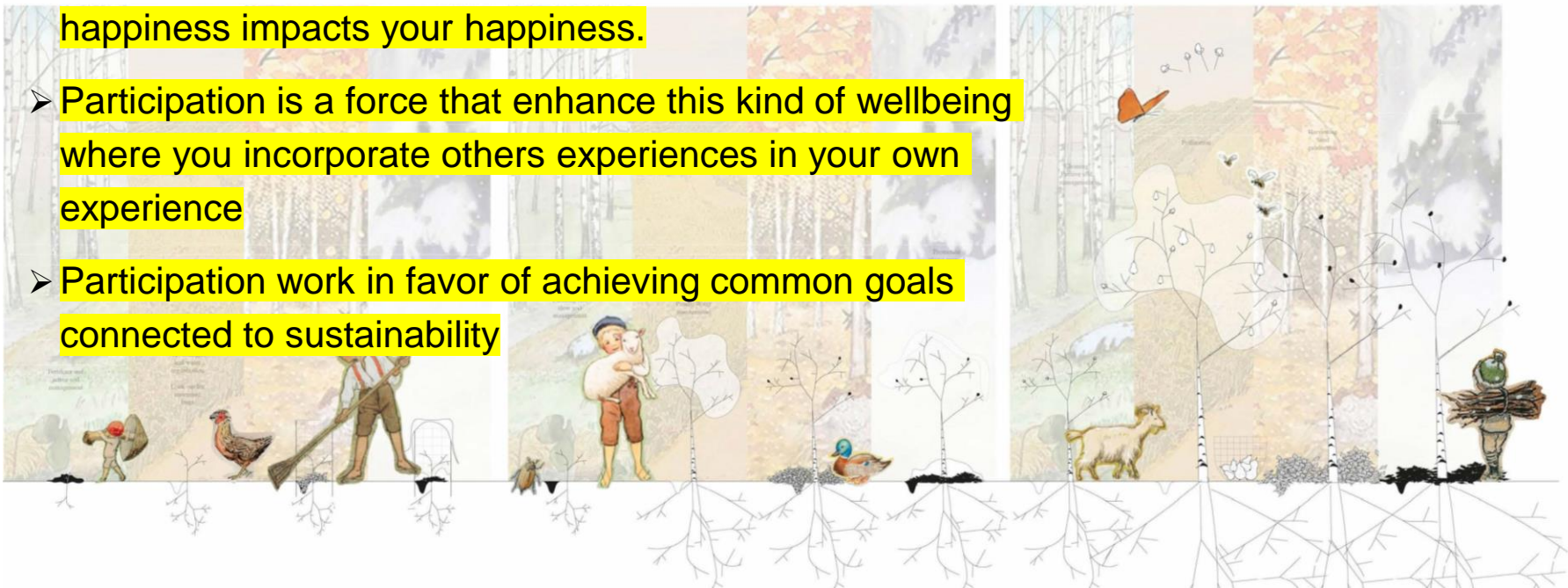
- Intersection of subjective experience, built/non-built environment and urban planning
- Explores if an arranged environment can be a part in changing



## Sustainable wellbeing

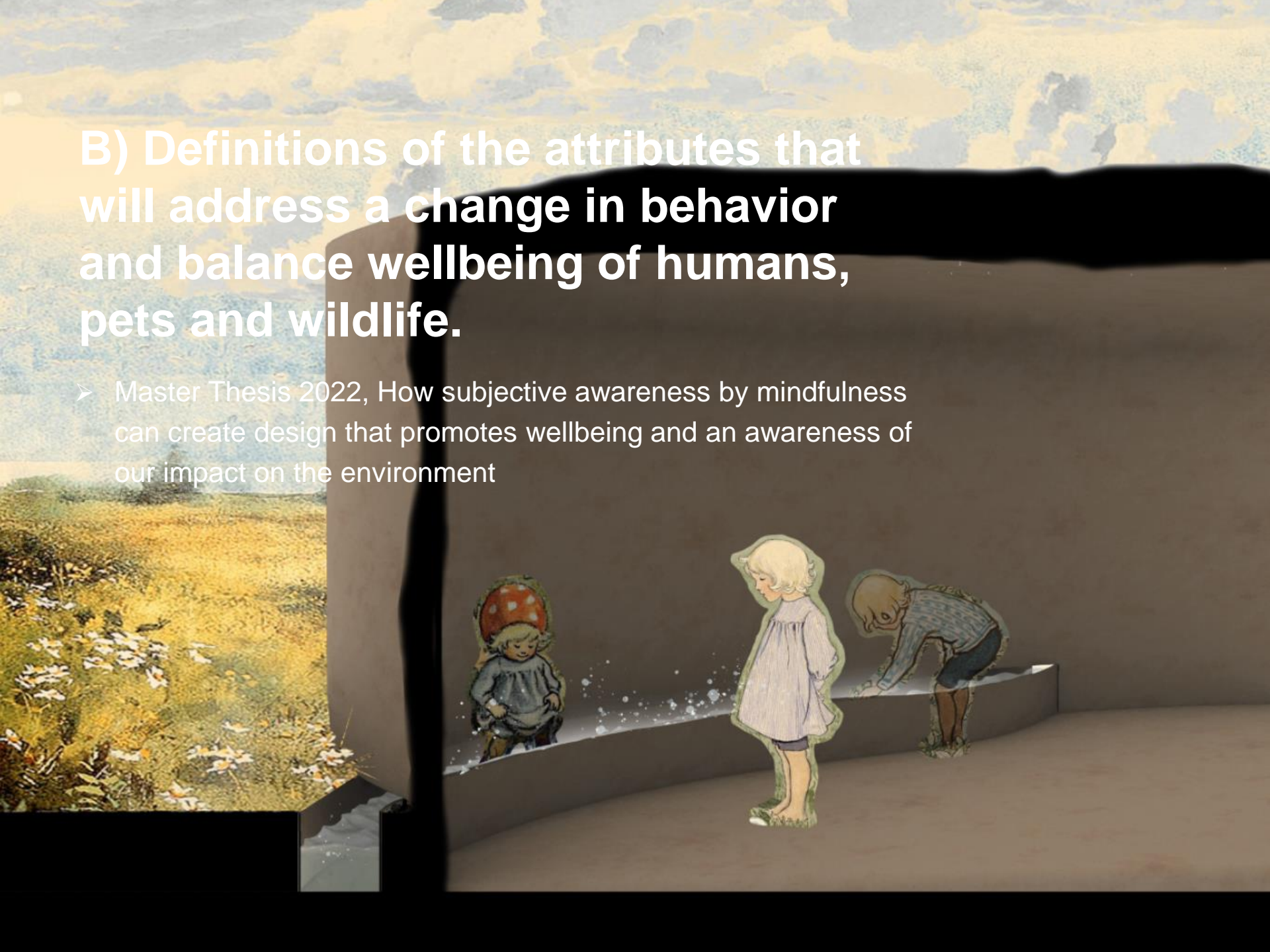
- Our own experiences are interconnected with those of others (humans, non-humans, and environment)
- possible to feel that you are necessary part of a context, and that it therefor is a place to stand where someone else's happiness impacts your happiness.

- Participation is a force that enhance this kind of wellbeing where you incorporate others experiences in your own experience
- Participation work in favor of achieving common goals connected to sustainability



## B) Definitions of the attributes that will address a change in behavior and balance wellbeing of humans, pets and wildlife.

- Master Thesis 2022, How subjective awareness by mindfulness can create design that promotes wellbeing and an awareness of our impact on the environment



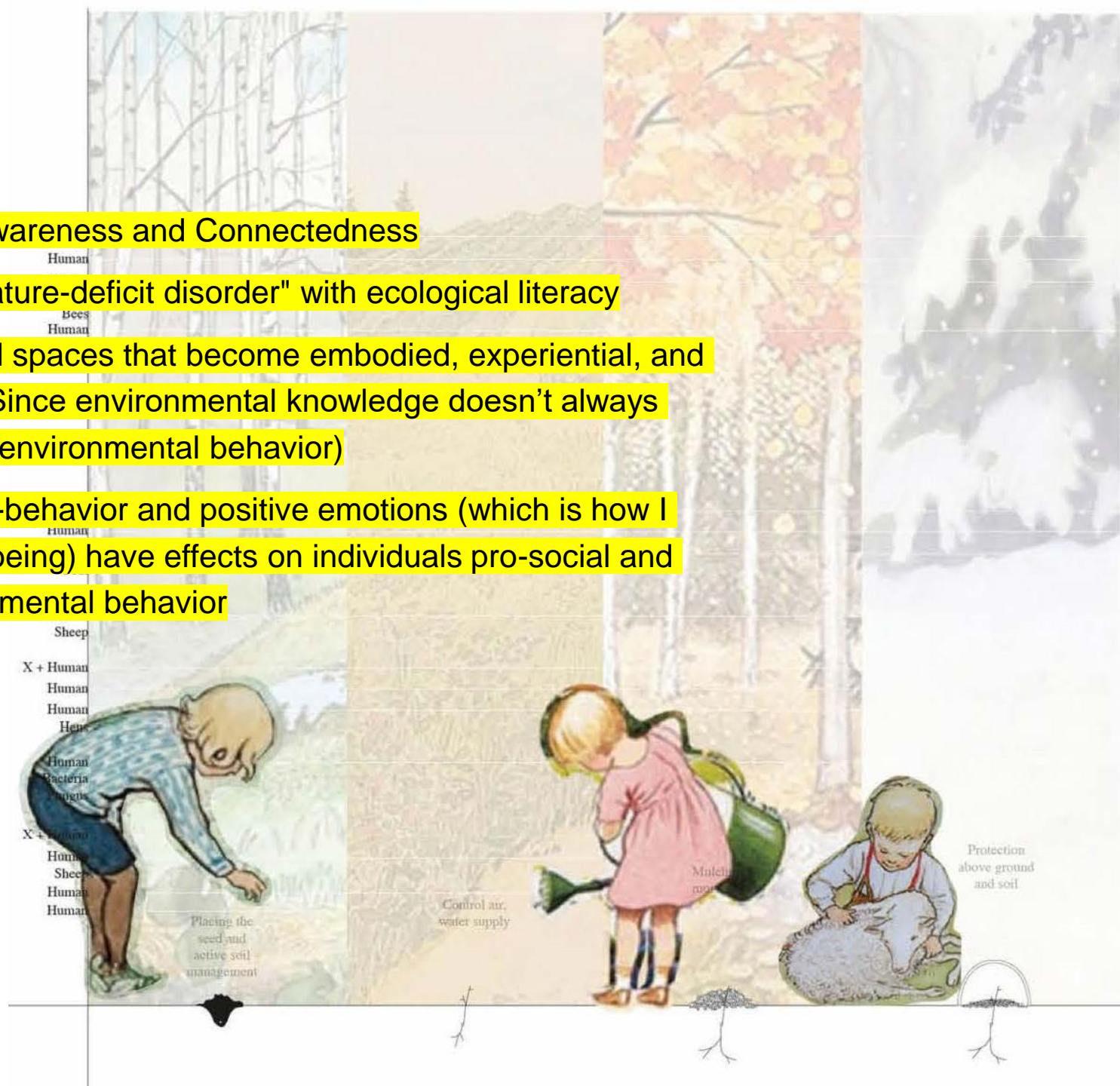
## **B) Definitions of the attributes that will address a change in behavior and balance wellbeing of humans, pets and wildlife.**

- Educational Awareness and Connectedness
- Subject Awareness and Connectedness
- Sensory Awareness and Connectedness
- Community/Social Awareness and Connectedness



## Educational Awareness and Connectedness

- Combat "nature-deficit disorder" with ecological literacy
- Educational spaces that become embodied, experiential, and practiced (Since environmental knowledge doesn't always lead to pro-environmental behavior)
- Awareness-behavior and positive emotions (which is how I define wellbeing) have effects on individuals pro-social and pro-environmental behavior



## Educational Awareness and Connectedness

- Participation in UGS can strengthen our awareness and connectedness with our surrounding
- Organized educational gatherings
- Easily approachable tools and informative signs for spontaneously interaction with the forest as a living system
- Builds trust, responsibility and create a nurturing experience where you value the wellbeing of nature in your own experience

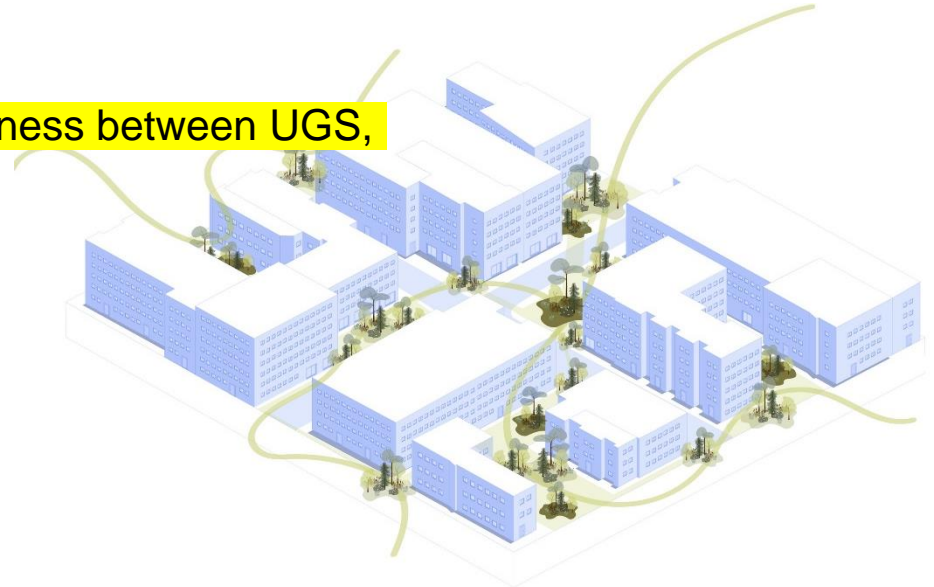


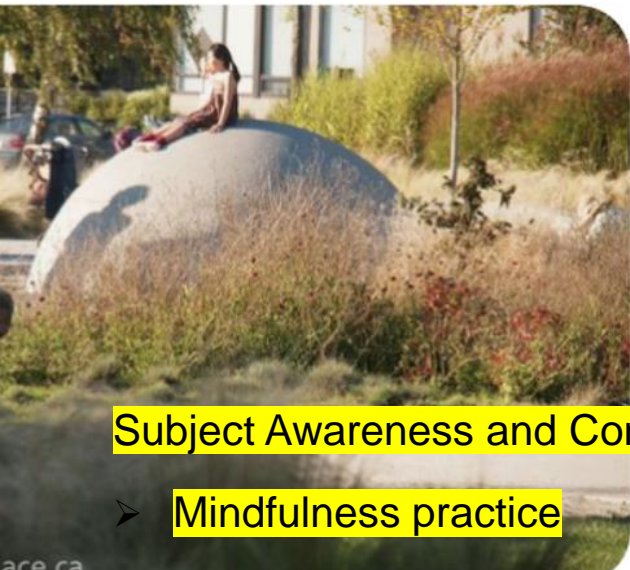
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## Educational Awareness and Connectedness

- UGS as natural forest environments
- Connection with forest around the city
- Green corridors
- Placement, Dimensions and Connectedness between UGS, the built and the forests





## Subject Awareness and Connectedness

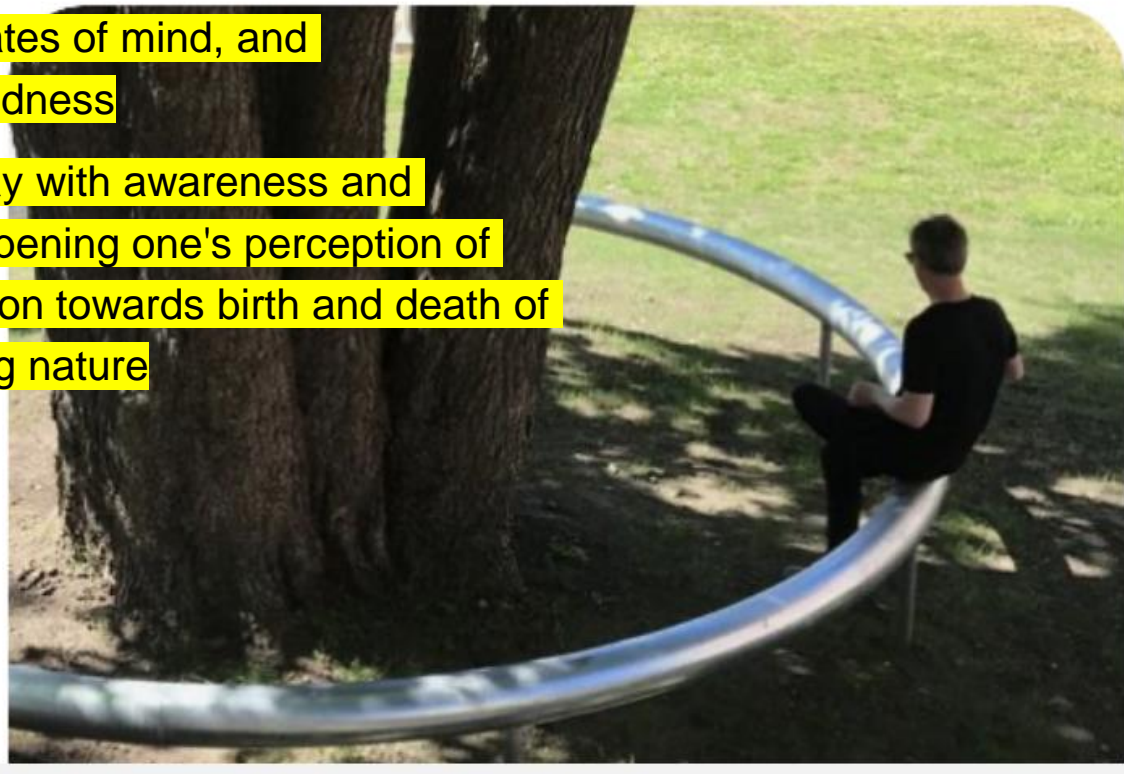
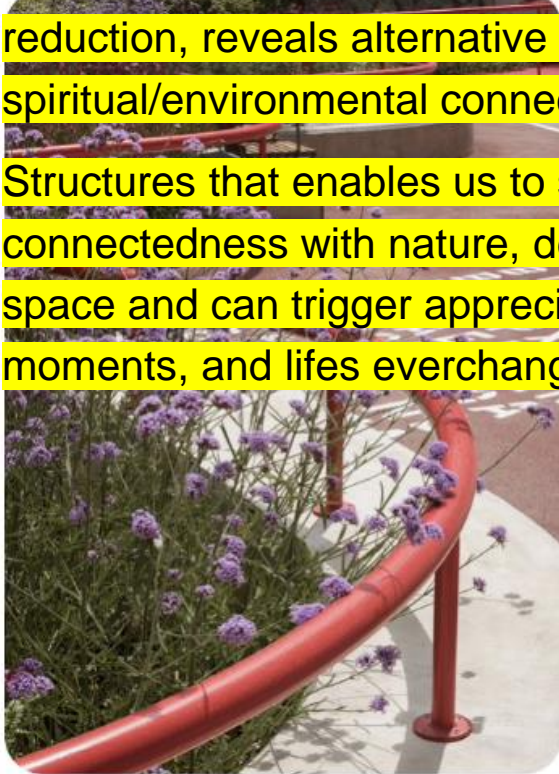
### ➤ Mindfulness practice

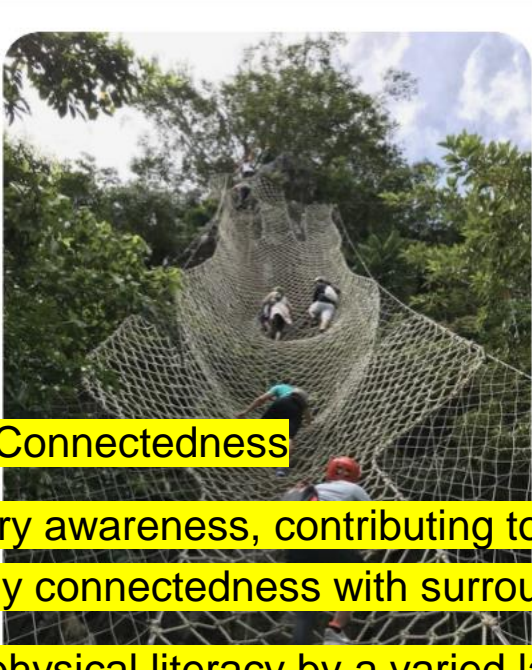
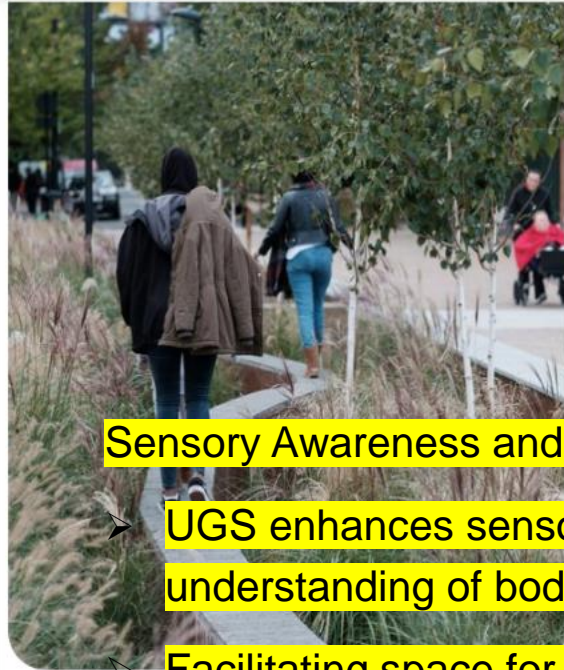
➤ This practice provides space for introspection, aids stress reduction, reveals alternative states of mind, and spiritual/environmental connectedness

➤ Structures that enables us to stay with awareness and connectedness with nature, deepening one's perception of space and can trigger appreciation towards birth and death of moments, and lifes everchanging nature



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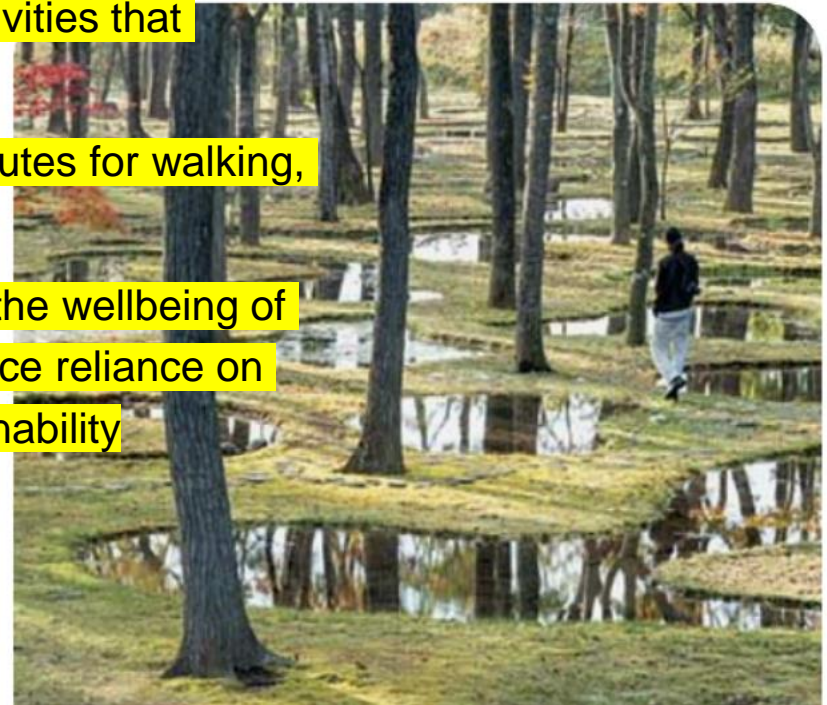
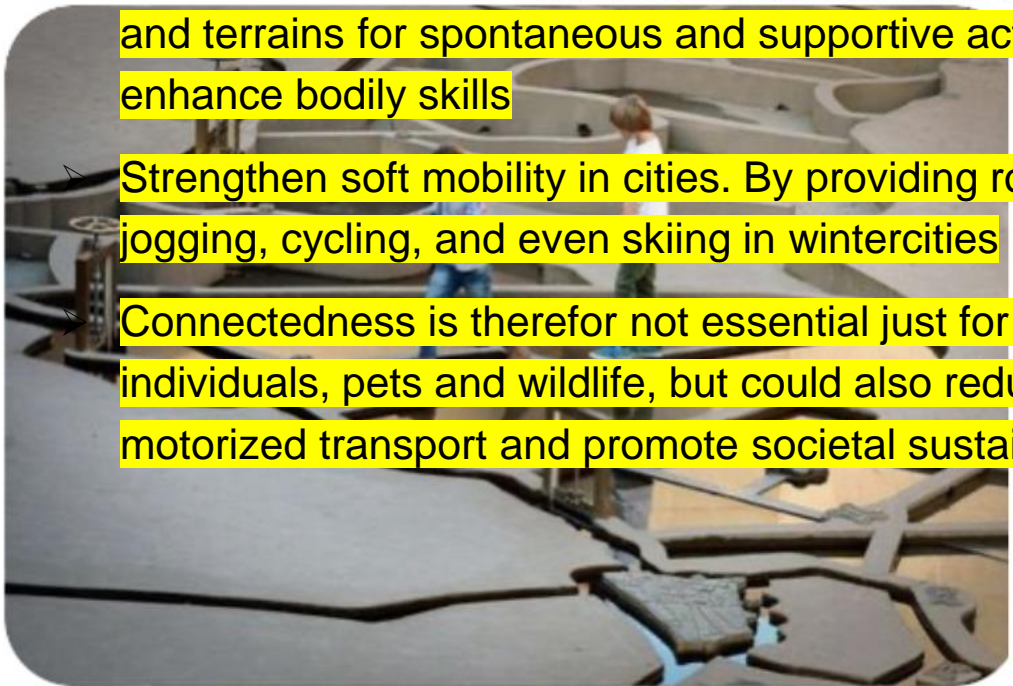
## Sensory Awareness and Connectedness

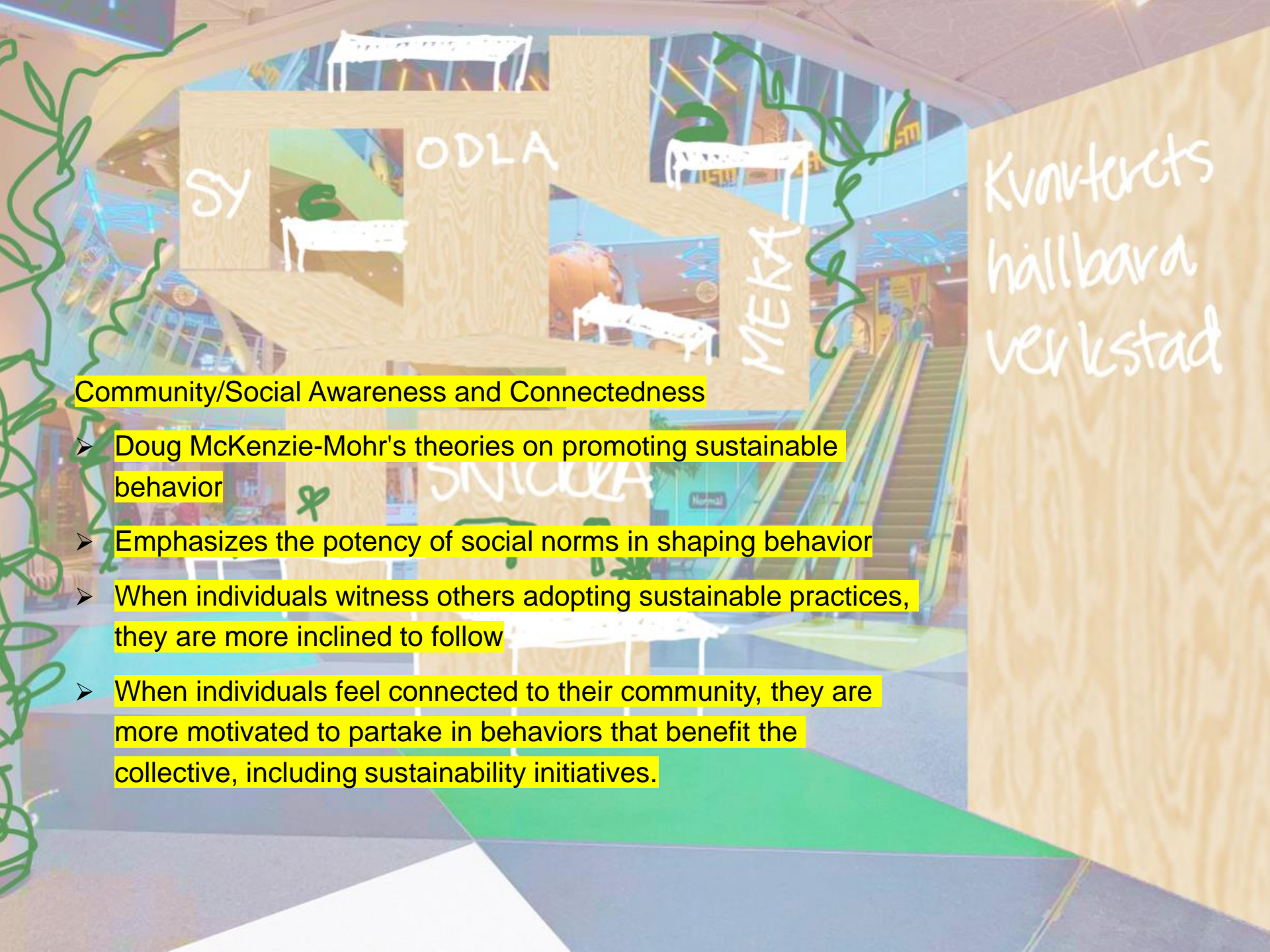
➤ UGS enhances sensory awareness, contributing to a deeper understanding of bodily connectedness with surroundings.

➤ Facilitating space for physical literacy by a varied landscapes and terrains for spontaneous and supportive activities that enhance bodily skills

➤ Strengthen soft mobility in cities. By providing routes for walking, jogging, cycling, and even skiing in winter cities

➤ Connectedness is therefor not essential just for the wellbeing of individuals, pets and wildlife, but could also reduce reliance on motorized transport and promote societal sustainability






## Community/Social Awareness and Connectedness

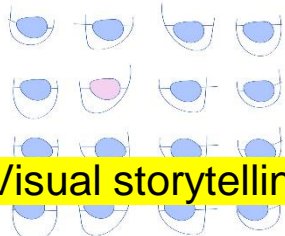
- Doug McKenzie-Mohr's theories on promoting sustainable behavior
- Emphasizes the potency of social norms in shaping behavior
- When individuals witness others adopting sustainable practices, they are more inclined to follow
- When individuals feel connected to their community, they are more motivated to partake in behaviors that benefit the collective, including sustainability initiatives.

## **C) Ways to realistically present citizens with options and scenarios that allow for new values to take place.**

- Insight from survey
- Respondents prefer not to be as engaged in the design and planning of the UGS as we first hypothesized
- If they were to be engaged more, they would need to be compensated. This could stem from trade-offs people make between investing time and money.
- Even though social attributes could possibly change this outcome, it could only change the outcome ones the UGS is already there.
- We figured that since the urban development follows the citizens opinions, there may not be a UGS that could provide sustainable alternative for the citizen.

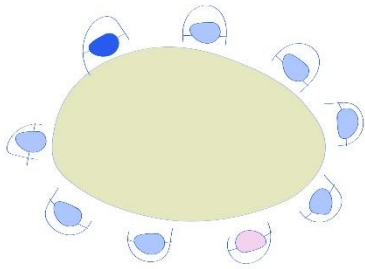
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- When and how should the citizen be introduced to different sustainable alternatives?
  - Can new values take place before the UGS exist?
  - How can a survey become a story, that make the citizen value something different?



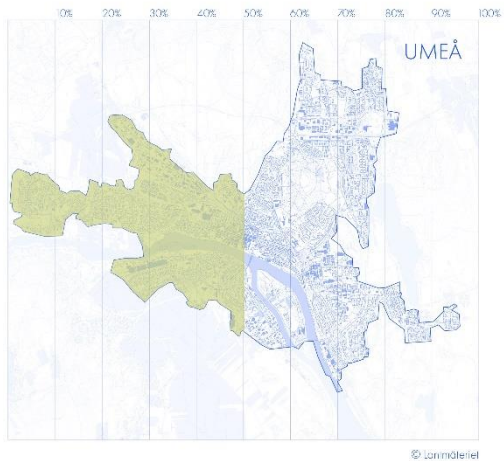
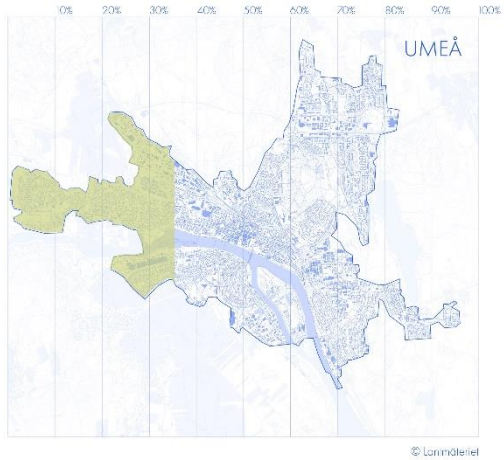


- Visual storytelling
- Illustrations

● Organizer  
● Others  
● You



● Organizer  
● Others  
● You



➤ Vr-environments

➤ Augmented realities





**Thank you!**

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