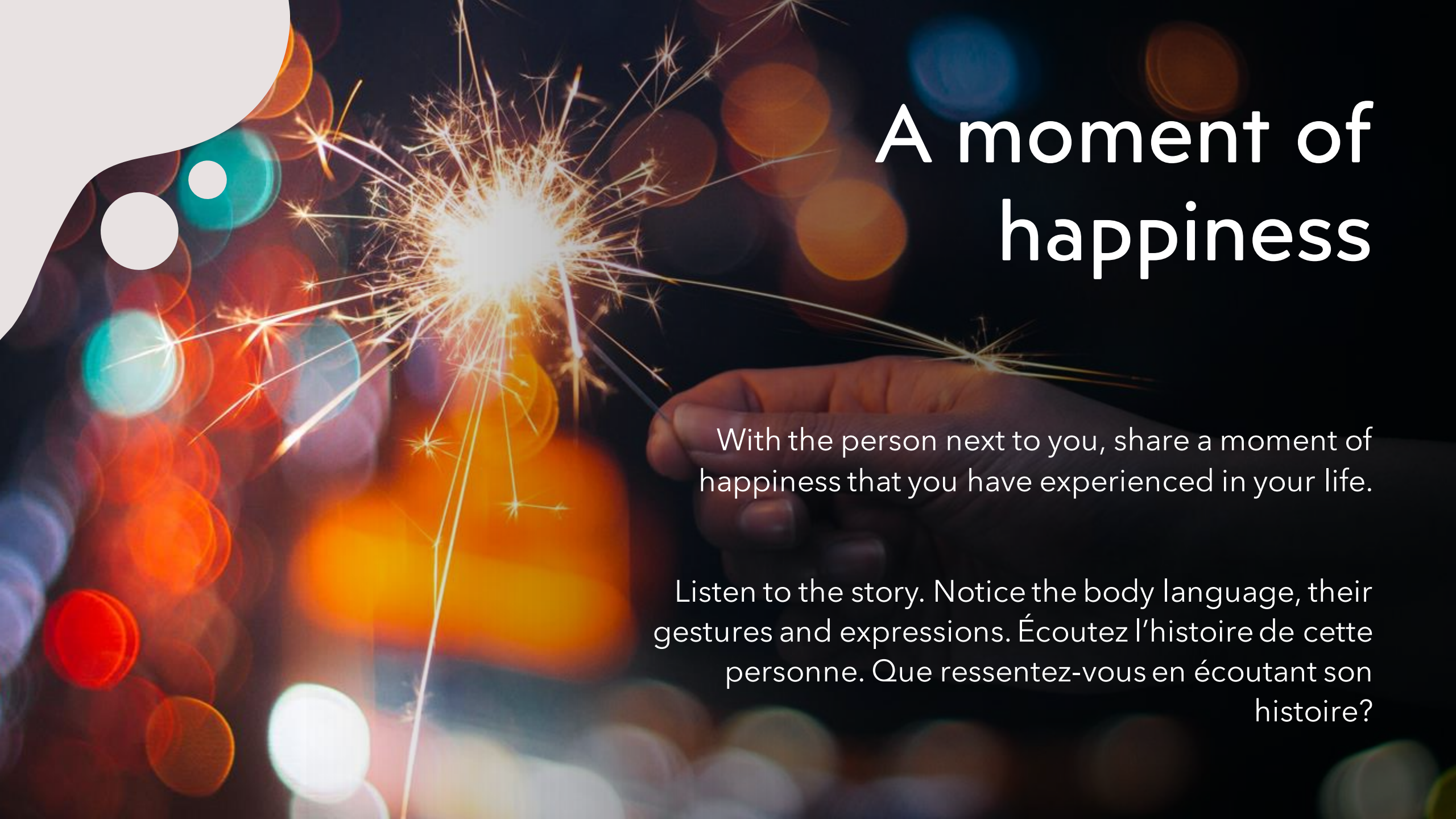


# Sustainability and well- being for all:

Sustainable happiness at  
CEGEP

Holly McIntyre, M.Ed.  
Vanier College, Montréal, QC



A hand holding a lit sparkler against a background of colorful bokeh lights. The sparkler is bright and glowing, with many small sparks radiating outwards. The background is dark with various colored circles (bokeh) in shades of orange, red, blue, and white. The overall mood is festive and joyful.

# A moment of happiness

With the person next to you, share a moment of happiness that you have experienced in your life.

Listen to the story. Notice the body language, their gestures and expressions. Écoutez l'histoire de cette personne. Que ressentez-vous en écoutant son histoire?

# What is Sustainable Happiness?

*Happiness that contributes to the well-being of an individual, community, or the planet, without exploiting other people, the environment, or future generations.*

*-Dr. Catherine O'Brien*



# Qu'est ce que le bonheur durable?

*Bonheur qui contribue au bien-être de l'individu, de la communauté ou de la planète, sans exploiter d'autres personnes, l'environnement ou les générations futures.*

*-Dre. Catherine O'Brien*



Were **workers and farmers** paid fairly for the product?  
What were **working conditions** like?

**Cup/lid** - how were they produced?  
Where will they go?

What **packaging** was used for the beans?

**What is the coffee/tea bringing to your day?**  
(aroma, ritual, caffeine, taste, enjoyment...)



How were **ecosystems and wildlife** impacted by the farming of the beans?

Beans -  
**where/how were they grown?**  
Pesticides?  
Herbicides? Shade?

**Transport:** where did it come from?  
How?  
Emissions?

**Milk? .....**  
**Sugar? .....**

# Sustainable Happiness Certificate (24 hr)

Explore and apply sustainable happiness concepts both personally and professionally.

- Sustainability
- Positive Psychology
- Well-being
- Consumer choices and habits
- Mindfulness, gratitude and appreciation
- Nature Connection
- Social justice
- Eco-anxiety & hope

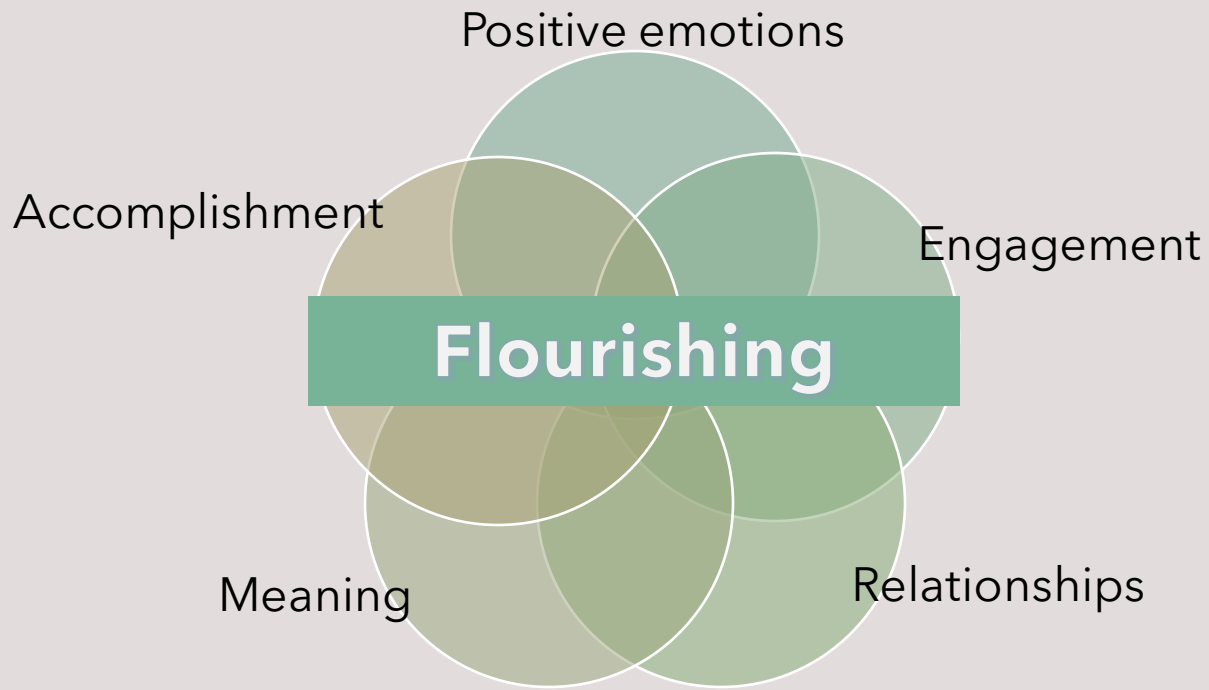


## Journal question

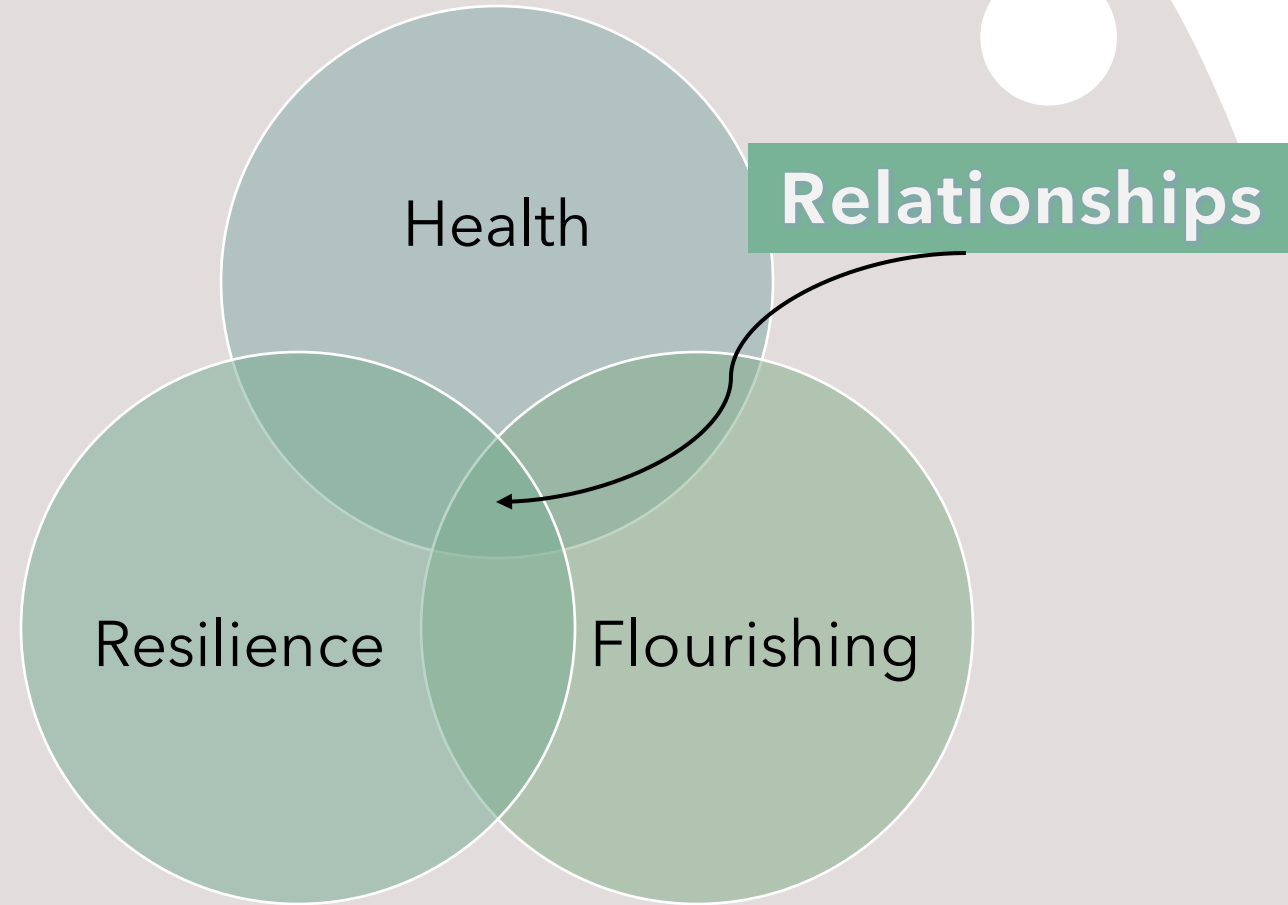
Quelle est la  
différence entre le  
bien-être et le  
bonheur ?

What is the  
difference between  
well-being and  
happiness?

# Positive psychology & well-being



Martin Seligman, 2011



Patrick Carney, 2015



# Relationships



Students

Staff/faculty

Teacher-  
student

# Nature Connection

- Biophilia
- We are part of Nature
  
- Anti-stress & anxiety effects
- Improves attention
- Reduces negative behaviours
- Strengthens immune system
- Enhances relationships
- Can be used for environmental ed



# Journal question

What is the closest natural body of water to you? What forms of life does it support?

Quelle est la masse d'eau naturelle la plus proche de chez vous ? Quelles formes de vie abrite-t-elle ?



# Mindfulness, gratitude, and appreciation

## **Stress and anxiety reducing effects of mindfulness**

We can be mindful of:

- What we have (gratitude)
- Our impacts
- The nature around us
- Our relationships
- How we are feeling (physical, mental, emotional, spiritual)
- What we are learning

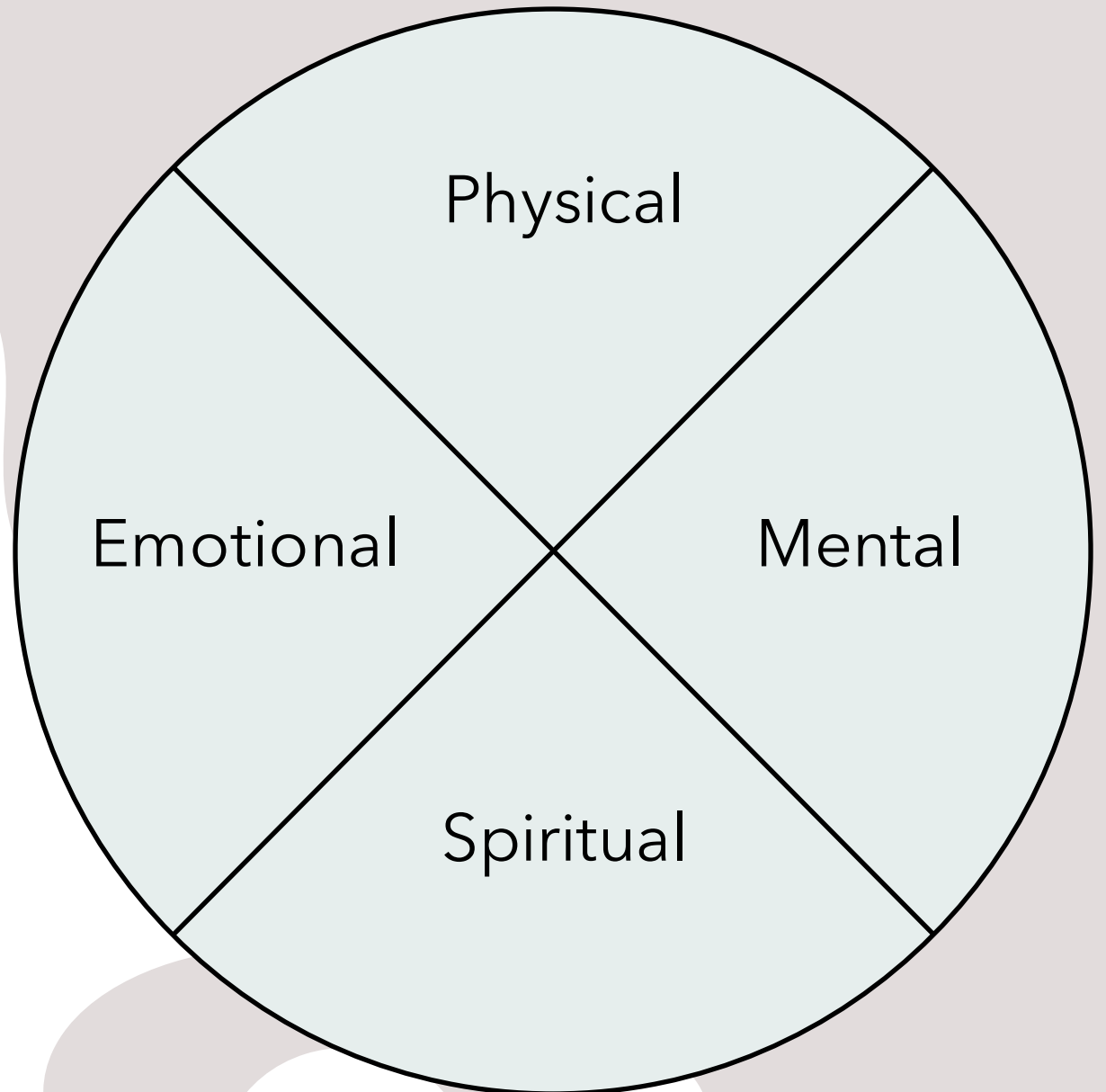
Etc.

# Example: Post-class reflection – medicine wheel teaching

These 4 dimensions of wellness are explored every class

Physical wellness can not be separated from mental, emotional, and spiritual wellness.

Students become more mindful of their wellness during and after Phys Ed class.



# What do we consume /What's consuming us ?

- Food choices
- Phone & tech use
- Media /social media
- Waste
- Ethical & sustainable choices
- Canada food guide/healthy plate

# Healthy, ethical, & sustainable food choices



# Journal question

Can sustainable  
actions influence our  
happiness?

Les actions durables  
peuvent-elles  
influencer notre  
bonheur ?



# Taking action for well-being

Often, choices that are sustainable, and good for the planet, others, and future generations, **are also good for us:**

- ✓ Active transport
- ✓ Nature connection, learning about nature
- ✓ Sustainable waste management
- ✓ Equitable & fair trade consumer choices

# Living Campus

Well-being for all

Employees and students are co-learning

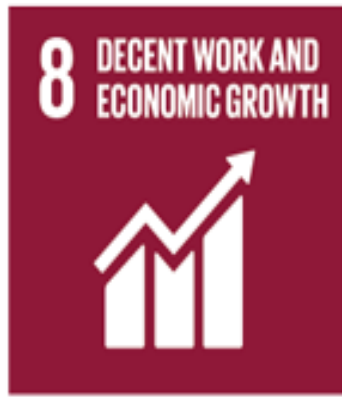
The campus is inter-connected with the local, global, and natural community

The campus as a living lab

*Living Campus*

D

Reconnecting  
people,  
community  
and Nature



# Students & mental health



# Teacher well-being



# Sustainable Happiness Semester Journal



Created by: Sean O'Brien Murray, MA & Dr. Catherine O'Brien

# Links with curriculum

Example: Phys ed

- Outdoor Ed
- Nature connection on campus
- Working in the gardens
- Focusing on relationships
- Sustainable nutrition
- Stress management: Meditation, mindfulness, tech management
- Taking action for sustainability
- Eco landscaping course



Sustainability



Positive Psychology



Well-being



Consumer choices



Mindfulness, gratitude, and appreciation



Social justice



Nature connection / eco-anxiety

# Links with other subjects

Example: **Research Methods**

- Supported relationships in-class
- Research projects linked with SH
- Research projects linked with the natural world



Sustainability



Positive Psychology



Well-being



Consumer choices



Mindfulness, gratitude, and appreciation



Social justice



Nature connection / eco-anxiety



# What links with your discipline or your role?



Sustainability



Positive Psychology



Well-being



Consumer choices



Mindfulness, gratitude, and appreciation



Social justice



Nature connection / eco-anxiety / hope

What does being a  
“good student”  
mean to you?

Journal question



At this moment,  
what is something  
you are looking  
forward to?

