

"Sustainable Happiness is defined as happiness that contributes to individual, community or global well-being and does not exploit other people, the environment, or future generations."

Dr. Catherine O'Brien



USTAINABLE



APPINESS

"It is no longer possible to imagine a future where the pursuit of happiness is not somehow connected to sustainability. As the human species continues its quest for happiness and well-being, more emphasis must be placed on sustainability and the interaction between sustainability and happiness."

Happiness Research Institute, Denmark
(Sustainable Happiness report, 2015, p.16)

"Dr Catherine O'Brien's concept of sustainable happiness is one of the top 5 ideas in environmental education that emerged during the past 25 years."

Tim Grant, Editor/Publisher of Green
Teacher magazine

WHAT IS SUSTAINABLE HAPPINESS?

Sustainable happiness integrates research from positive psychology with sustainability. This means that we are not solely looking at an individual's happiness and well-being in isolation from how the choices they make impact other people and the natural environment. Research from positive psychology has revealed a great deal about the benefits of positive emotions as well as measures we can take to increase our life satisfaction and enhance well-being. Exploring how our happiness and well-being are intertwined with the well-being of other people and the ecosystems that sustain us expands the significance of positive psychology. Sustainable Happiness illustrates the vital fact that our well-being and desire to flourish can contribute to, or detract from, human and environmental health and well-being. We can choose to live in ways that contribute to *well-being for all*, sustainably.

EDUCATION FOR SUSTAINABLE HAPPINESS AND WELL-BEING

Sustainable happiness is a fresh approach to happiness that invites reflection on sustainability issues coupled with opportunities to enhance our quality of life *and* contribute to individual, community, and global well-being. Dr. Catherine O'Brien applied her expertise in sustainability education to create the concept of sustainable happiness in order to explore opportunities for people and ecosystems to flourish. Sustainable happiness has been incorporated into undergraduate and post-secondary courses at Cape Breton University and both a Sustainable Happiness Certificate and Sustainable Happiness Facilitator Training program is offered at Dowson College in Montreal. An [online course in sustainable happiness](#) is available for the general public through Udemy. Dr. O'Brien's work has been recognized nationally and internationally. In 2012, she was an invited participant at the United Nations High Level-Meeting on Well-Being and Happiness. She is the author of *Education for Sustainable Happiness and Well-Being*.

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