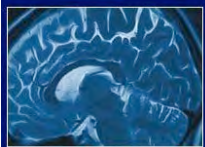


Sustainable Well-Being



Finding Health and Happiness
through Meaningful Connection

Donal MacCoon, Ph.D.



*The Waisman Laboratory
for Brain Imaging and Behavior*



Madison Psychiatric Associates

Sleeping with the enemy



Sustainable well-being through
meaningful connection

Donal MacCoon, Ph.D.

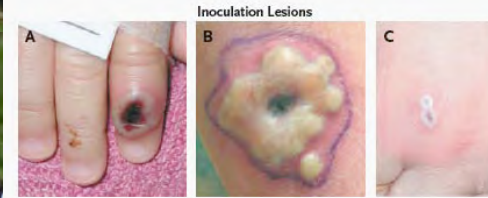
sustainable**wellbeing**.org



BodyBurden

The Pollution in Newborns

A benchmark investigation of chemicals, pollutants, and pesticides in newborns

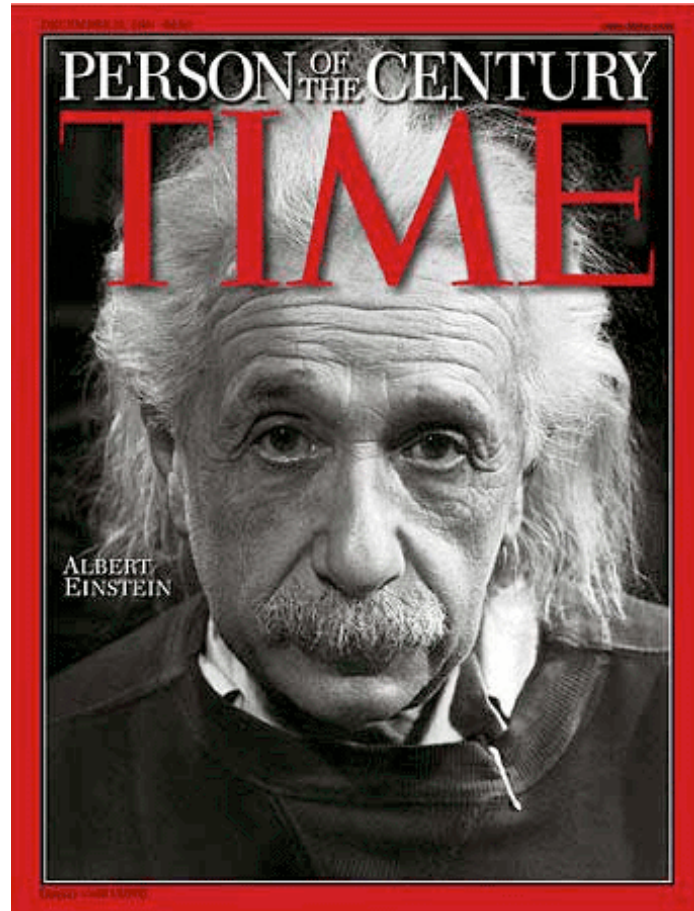


Inoculation Lesions



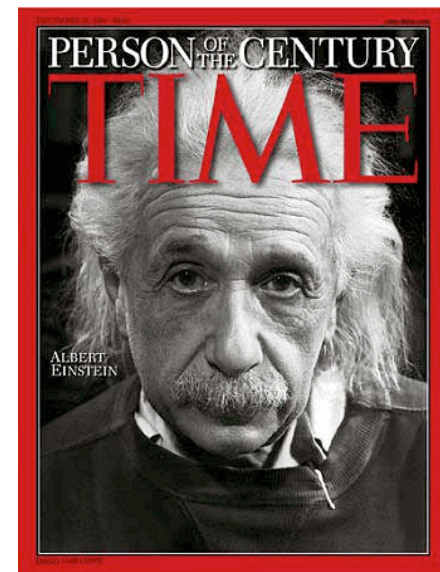
Disseminated Lesions





“One cannot alter a condition with the same mind set that created it in the first place.”

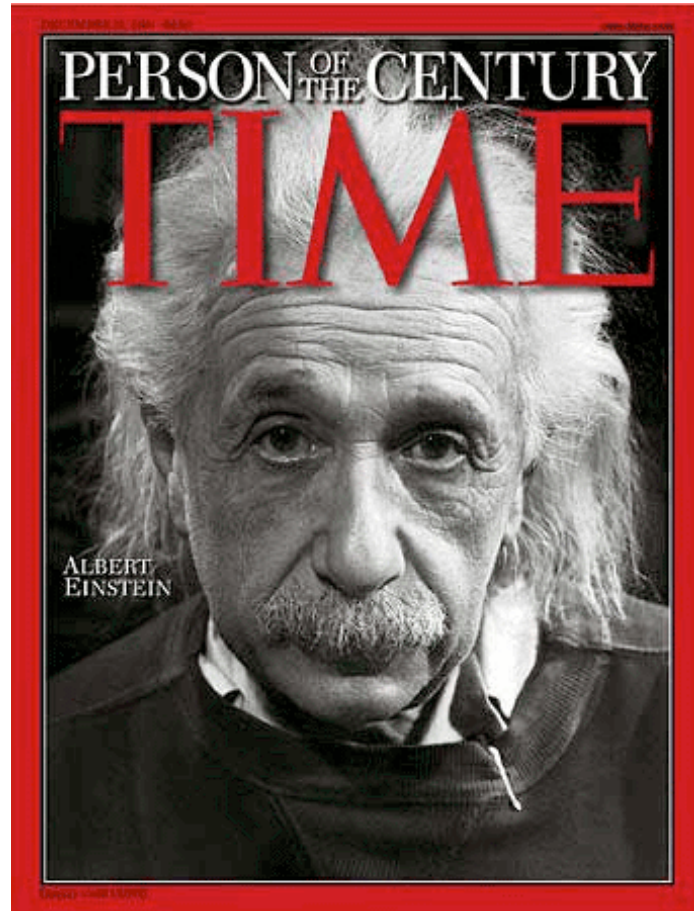
that mind-set is...



THEN

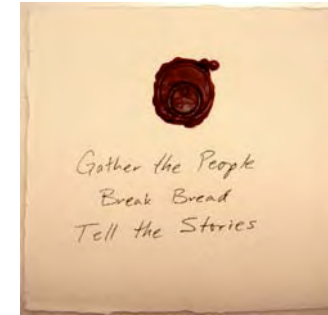
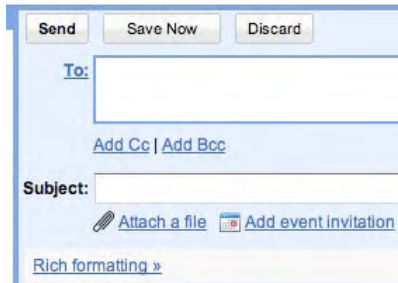
NOW

- One problem at a time --> solve by making it bigger
- Separate from nature --> part of
- Specialization --> integrating across fields
- Technology/reason/
knowledge will save us --> importance of integrating
emotion for wisdom
- Power of one --> power of us
- GDP --> SWB



Not everything that matters can be counted.
Not everything that can be counted matters.

Q: Which one is more efficient?



- 10 minutes to send an email invitation to 100 people
- who comes is not important
- mindset not important
- process of inviting is not important
- can be quantified/counted
- 10 hours to hand-deliver invitations to 100 people
- who comes is important
- what mindset they bring is central
- process is part of the event
- cannot be fully quantified

A: It depends on your goal.

- Goal: to get most people with minimal effort
- Goal: to have a nourishing, soul-enriching, community-building event



Epica.com



Ryan & Wally



Diana & Tricia

UW Art: Matt,
Jim, & Sandy



Drew

Jake



Sean



George & Brent



Forrest



NY, NY



Brookston, IN

CARRIAGE HOUSE PAPER
Brooklyn, NY
Shannon



Amalfi, IT



Epica.com
Robby



Katherine

Andy



Sandyrae



Matt



GRIMM
BOOK BINDERY, INC.
SINCE 1884


Tracy & Kris



Kris



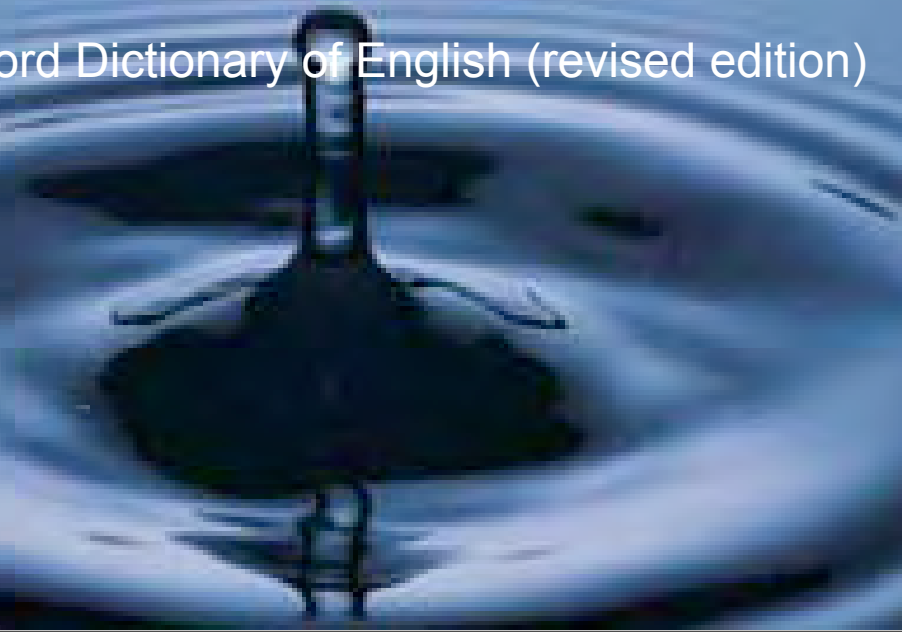
Integration

- Combine (one thing) with another to form a whole
- from Latin *integrat-* 'made whole' 
- Compare with *integrity*: the state of being whole and undivided

Oxford Dictionary of English (revised edition)

Connection

- A relation between
- A joining



Sustainable Well-Being



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through Meaningful Connection

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What are we connecting?

Sustainable Well-Being



To what end?



How?
Finding Health and Happiness
through Meaningful Connection

What are we connecting?

Mind, Body, Spirit
Self, Community, Planet
7 generations



To what end?

Sustainable Well-being

How?

Lifestyle & Culture Change

Mindfulness

Recognizing & living our interdependence





cai guo-qiang on the roof, transparent monument
the metropolitan museum of art, new york, usa, 2006

“One does not become
enlightened
by imagining figures of light
but by making the darkness
conscious.

This procedure, however,
is disagreeable and
therefore not very popular.”

– Carl Jung “The Philosophical Tree” (1945).
In CW 13: Alchemical Studies, p. 335

Sleeping with the enemy



Sustainable well-being through
meaningful connection

Donal MacCoon, Ph.D.

A Declaration by the Representatives of the UNITED STATES OF AMERICA, in General Congress assembled.

When in the course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the laws of nature and of nature's god entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to separate.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness; that to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed; that whenever any Form of Government becomes destructive of these ends, it is the right of the People to alter or to abolish it, to institute new Government, laying its foundation on such principles & organizing it in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence indeed will dictate that Governments long established should not be changed for light & transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses & usurpations (beginning at a distinguished period) pursuing invariably the same Object, evinces a design to reduce them to absolute Despotism, it is their right, it is their duty, to throw off such Government, & to provide new Guards for their future security. Such has been the patient Sufferance of these Colonies; & such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations (all of which have a direct object the establishment of an absolute Tyranny over these States) to prove that the above mentioned Petition is a candid and just View of the facts, not unreminded by falsehood.



JANUARY 17, 2006

SPECIAL MIND & BODY ISSUE

TIME

THE SCIENCE OF HAPPINESS

- Why OPTIMISTS live longer
- Is JOY in your genes?
- Does GOD want us to be happy?
- Why we need to LAUGH

PLUS: Dave Chappelle on what's funny

“Salud, amor, y pesetas, y tiempo para gosarlos”

It goes 7.4 miles!



Denominator

- per hour?
- til it dies?
- per gallon?

A Declaration by the Representatives of the UNITED STATES OF AMERICA, in General Congress assembled.

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Denominator?

Scope of Measurement Problem

- Expertise, Specialization
 - leads to efficiency within very limited domain
 - leads to solutions for very narrow problems that may, in turn, cause other problems (e.g., pesticides grow more food but deplete the soil & harm health)

Scope of Measurement Problem

- SWB is attempt to avoid this problem
 - It's not about climate change, dangerous chemicals, industrial "food", cancer, the re-emergence of infectious disease, reductions of clean water, war, poverty
 - It's about all of those and more

Sustainable Well-Being

Well-being

Resources to get WB

Sustainable Well-Being

(Mental & Physical Health) * Longevity

Ecological Footprint

Sustainable Well-Being

Well-being

Resources
to get WB

- 
- Everyone cares
 - Ethics left out
 - Illusion of disconnection
 - Self-centered
 - Everyone should care
 - Ethics put back in
 - Interdependence
 - Not as compelling as it could be

Life Sat	Life Exp	EF	HPI	Rank
7.4	77.4	9.5	28.8	150

How are we doing?

	Life Sat	Life Exp	EF	HPI	Rank
Vanuata	7.4	68.6	1.1	68.2	1
Costa Rica	7.5	78.2	2.1	66	3
Cuba	6.3	77.3	1.4	61.9	6
Switzerland	8.2	80.5	5.3	48.3	65
UK	7.1	78.4	5.4	40.3	108
Sweden	7.7	80.2	7	38.2	119
France	6.6	79.5	5.8	36.4	129
Lithuania	4.7	72.3	3.9	29.3	149
USA	7.4	77.4	9.5	28.8	150
UAE	7.4	78	9.9	28.2	154
Ukraine	3.6	66.1	3.3	22.2	174
Zimbabwe	3.3	36.9	1	16.6	178



Life Sat	Life Exp	EF	HPI	Rank
7.4	77.4	9.5	28.8	150

Well-being: Physical Health

24th in world for disability adjusted life expectancy

"Basically, you die earlier and spend more time disabled if you're an American rather than a member of most other advanced countries"

Life Sat	Life Exp	EF	HPI	Rank
7.4	77.4	9.5	28.8	150

Q: Why?

- Some groups (e.g., Native Americans, inner city poor) have extremely poor health, more characteristic of a poor developing country rather than a rich industrialized one
- HIV kills or disables more in U.S. than in most other advanced countries
- U.S. a leader for cancers relating to tobacco
- A high coronary heart disease rate
- High levels of violence, especially of homicides, when compared to other industrial countries (Crime is up 300% from 1950-1980 & still above 1950 levels; Layard, 2005)

A: Social Justice & Lifestyle



Well-being: Mental Health

Life Sat	Life Exp	EF	HPI	Rank
7.4	77.4	9.5	28.8	150

Table 2. Twelve-Month Prevalence of World Mental Health Composite International Diagnostic Interview/Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*

Country	% (95% Confidence Interval)				
	Anxiety	Mood	Impulse-Control	Substance	Any
Americas					
Colombia	10.0 (8.4-11.7)	6.8 (6.0-7.7)	3.9 (3.2-4.7)	2.8 (2.0-3.7)	17.8 (16.1-19.5)
Mexico	6.8 (5.6-7.9)†	4.8 (4.0-5.8)	1.3 (0.9-1.8)‡	2.5 (1.8-3.3)	12.2 (10.5-13.8)‡
United States	18.2 (16.9-19.5)	9.6 (8.8-10.4)	6.8 (5.9-7.8)	3.8 (3.2-4.5)	28.4 (24.7-28.0)
Europe					
Belgium	6.9 (4.5-9.4)	6.2 (4.8-7.8)§	1.0 (0.3-1.8)‡	1.2 (0.6-1.9)‡‡	12.0 (9.6-14.3)
France	12.0 (9.8-14.2)	8.5 (6.4-10.6)§	1.4 (0.7-2.0)‡	0.7 (0.3-1.2)‡‡	18.4 (15.3-21.5)
Germany	6.2 (4.7-7.6)	3.6 (2.8-4.3)§	0.3 (0.1-0.8)‡	1.1 (0.4-1.7)‡‡	9.1 (7.3-10.8)
Italy	5.8 (4.5-7.1)	3.8 (3.1-4.5)§	0.3 (0.1-0.5)‡	0.1 (0.0-0.2)‡‡	8.2 (6.7-9.7)
Netherlands	8.8 (6.6-11.0)	6.9 (4.1-9.7)§	1.3 (0.4-2.2)‡	3.0 (0.7-5.2)‡‡	14.9 (12.2-17.6)
Spain	5.9 (4.5-7.3)	4.9 (4.0-5.8)§	0.5 (0.2-0.8)‡	0.3 (0.0-0.5)‡‡	9.2 (7.8-10.6)
Ukraine	7.1 (5.6-8.6)†‡	9.1 (7.3-10.9)§	3.2 (2.4-4.0)††#**	6.4 (4.8-8.1)‡‡	20.5 (17.7-23.2)
Middle East and Africa					
Lebanon	11.2 (8.9-13.5)	6.6 (4.9-8.2)	1.7 (0.8-2.8)††*†	1.3 (0.0-2.8)	16.9 (13.6-20.2)
Nigeria	3.3 (2.4-4.2)	0.8 (0.5-1.0)	0.0 (0.0-0.1)††#**	0.8 (0.3-1.2)	4.7 (3.6-5.8)
Asia					
Japan	5.3 (3.5-7.0)†	3.1 (2.2-4.1)	1.0 (0.4-1.5)††#**†††	1.7 (0.3-3.0)	8.8 (6.4-11.2)
People's Republic of China					
Beijing	3.2 (1.8-4.6)†				
Shanghai	2.4 (0.9-3.9)†				

Source: WHO World Mental Health Survey Consortium (2004), JAMA

Q: Why?

1. Glorification of the individual [1]
2. Degradation of the commons [1]
 - Decreased civic involvement (esp. U.S.), 1/2 of which attributed to urban sprawl, T.V. viewing, & time limitations [2, p. 18]

- Time poverty [3]

Life Sat	Life Exp	EF	HPI	Rank
7.4	77.4	9.5	28.8	150

- U.S. works more than any other industrialized country
- We work nearly 9 full weeks (350 hours) longer per year than our peers in Western Europe

A: Lifestyle

Sustainable Well-Being

Well-being





Resources Used

Life Sat	Life Exp	EF	HPI	Rank
7.4	77.4	9.5	28.8	150

- U.S. uses 6.8 planets worth of resources
- We use more energy/person than any other country (except UAE)
- U.S. & allies outspend all non-allies militarily
- “Providing adequate food, clean water, and basic education for the world’s poorest could all be achieved for less than people spend annually on...

makeup, ice cream, and pet food” (p.10, State of the World, 2004)



Sustainable Well-Being

(Mental & Physical Health) * Longevity

Ecological Footprint



Work more, achieve less, & destroy the planet in the bargain

DSM-IV
Diagnosis

Wacked out the booty

What are we integrating?

Mind, Body, Spirit
Self, Community, Planet
7 generations



To what end?

Sustainable Well-being = $\frac{\text{Well-being}}{EF}$

How?

Lifestyle & Culture Change

Mindfulness

Recognizing & living our interdependence



What are we integrating?

Mind, Body, Spirit
Self, Community, Planet
7 generations



To what end?

Sustainable Well-being = $\frac{\text{Well-being}}{EF}$

What is the treatment?

Lifestyle & Culture Change

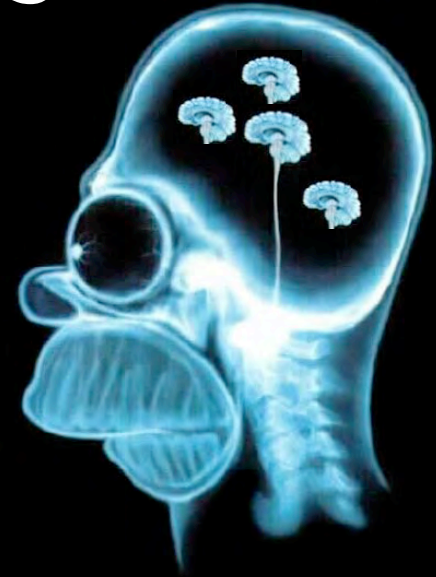
Mindfulness

Recognizing & living our interdependence



Connections

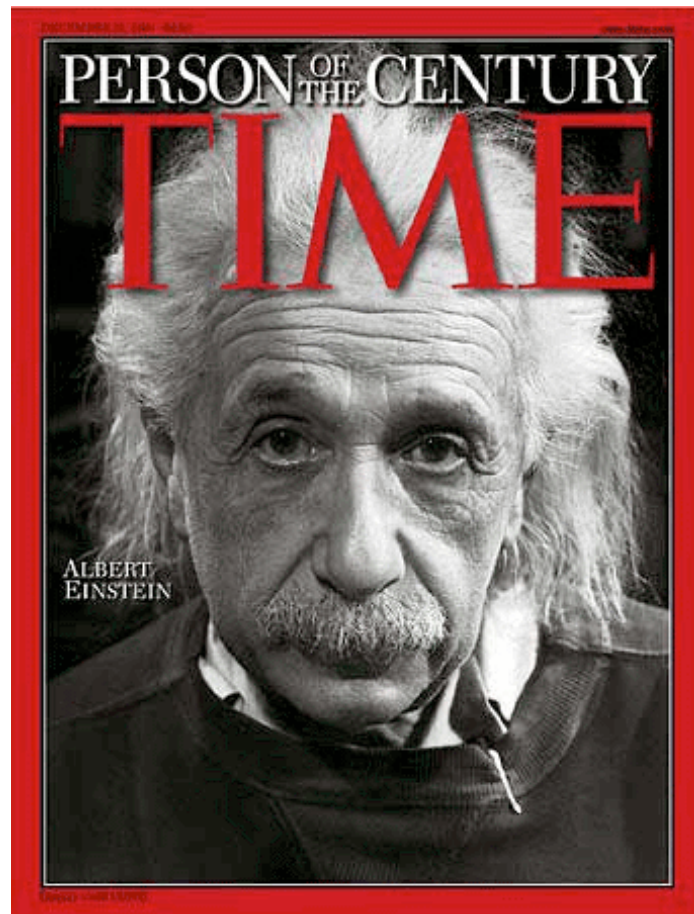
- Within the self





eeew!

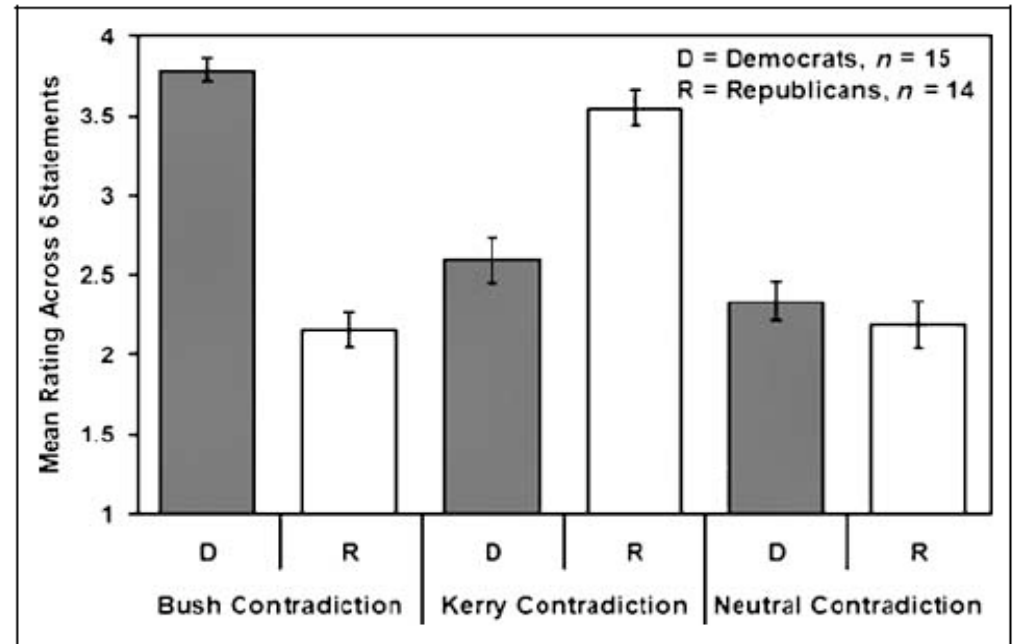
- In order to get rid of this emotion -- to change the contents of our own mind -- we may kill the spider
- We consume, buy, shop, distract, etc. often to make ourselves feel better
- The power of emotion
 - Get rid of negative emotions
 - Hold on to positive emotions



“The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society in which we honor the servant and have forgotten the gift.” (Einstein, cited by Max-Neef, 2005)

Bounded rationality vs. Motivated reasoning

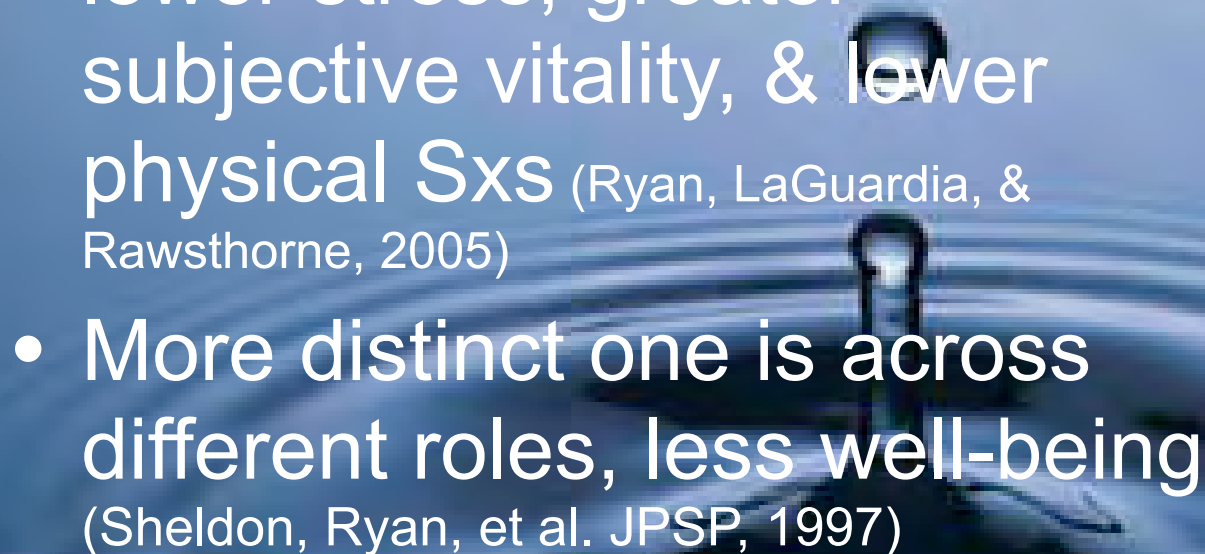
- Democrats & Republicans read statements about Bush, Kerry, or Tom Hanks (for ex)
- Consistently identified contradictions in “other” candidate but not own



- Negative emotion registered when contradiction was introduced
- With time to reach biased conclusion, negative affect gone
- “brain converges on solutions that minimize negative and maximize positive affect states” (Westin, et al., 2006, Jo of Cog Neuro, p. 1947)
- Lesson: emotion can lead the mind so get it on board with change



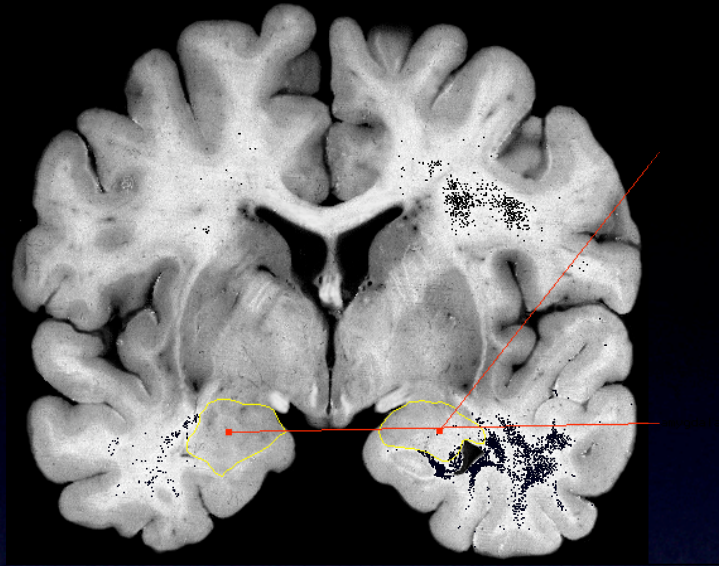
Connecting to ourselves

- Authenticity associated with less depression & anxiety, lower stress, greater subjective vitality, & lower physical Sxs (Ryan, LaGuardia, & Rawsthorne, 2005)
 - More distinct one is across different roles, less well-being (Sheldon, Ryan, et al. JPSP, 1997)
- 



Diseases of dis-integration

- Repression
 - Report low anxiety but exhibit **anxious physiology** (Weinberger, et al., 1973, JAP)
- Defensive Deniers
 - higher (and medically significant) cardiovascular reactivity associated with higher distress relative to genuinely healthy individuals (Shedler, Mayman, et al., 1993)



Amygdala

- Amygdala fires to
 - jump from the snake or bus
 - avoid danger
- Attention is needed even for awareness of amygdala-mediated stimuli (Pessoa, Padmala, & Morland, 2005, NeuroImage)



Mindfulness

- Paying attention, on purpose, non-judgmentally
- Being aware of sensations, thoughts, emotions occurring right now without judgment



Mindfulness effective for...

- **Anxiety, depression, stress, burnout** (e.g., Cohen-Katz, Wiley, et al., 2005; Ma & Teasdale, 2004; Teasdale, Segal, Williams, et al., 2000)
- **Chronic pain** (Kabat-Zinn, 1982; Kabat-Zinn, Lipworth, & Burney, 1985)
- **Substance abuse** (Bowen, Witkiewitz, Dillworth, et al., 2006)
- **Arthritis** (Pradhan et al., 2007)
- **Diabetes** (Gregg, Callaghan, et al., 2007)
- **Fibromyalgia** (Sephton et al., 2007; Grossman, et al., 2007)
- **Psoriasis** (Kabat-Zinn et al., 1998)



Mindfulness effective for...

- Positive resting frontal alpha-asymmetry (Davidson, et al., 2003; Barnhofer et al., 2007)
- **Immune Function** (Davidson, Kabat-Zinn et al, 2003)



...and different types of people

- **Cancer patients** (Specia, Carlson, et al., 2000; Monti, Peterson, et al., 2005; Carlson, Specia, et al., 2007)
- **Health care professionals** (Shapiro, et al, 2005)
 - **Medical Students** (Shapiro, et al., 1998)
 - **Nurses** (Cohen-Katz, Wiley, et al ., 2005)
- **Women with heart disease** (Tacon, McComb, Caldera, Randolph, 2003)
- **Prisoners** (Bowen, Witkiewitz, Dillworth, et al., 2006)
- **Borderline Personality Disorder** (DBT, Linehan, 1993)



Silence

Why are you so afraid of silence,
silence is the root of everything.
If you spiral into its void
a hundred voices will thunder messages
you long to hear.

- Rumi



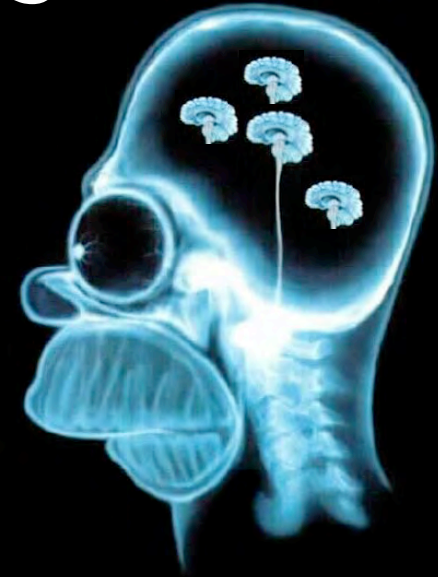
Mindfulness

- Being aware is the act of integrating, connecting to all parts of ourselves
- It is re-mem-bering ourselves
- welcoming them into awareness without judgment



Connections

- Within the self
 - Within the mind
 - With the body
- Mindfulness (bodyfulness)
- still focused on the individual

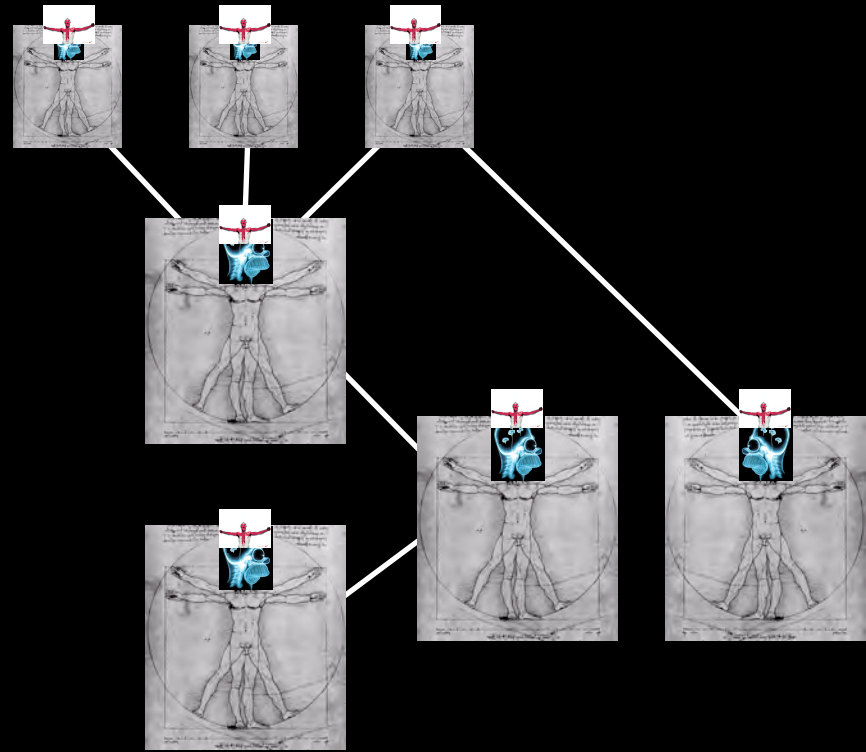


Beyond Self

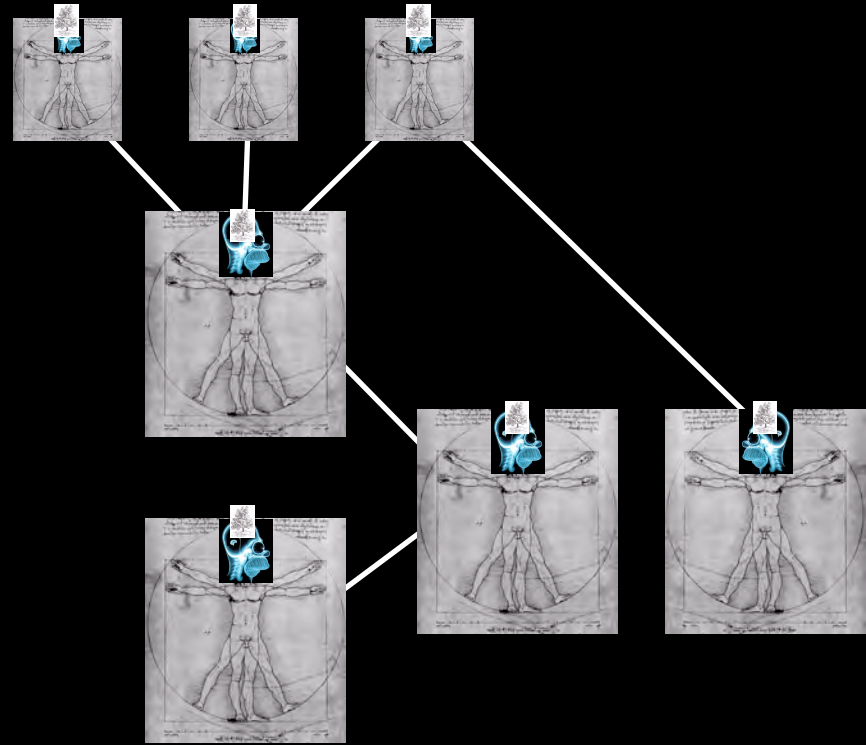


The Big Us

Connections



Connections

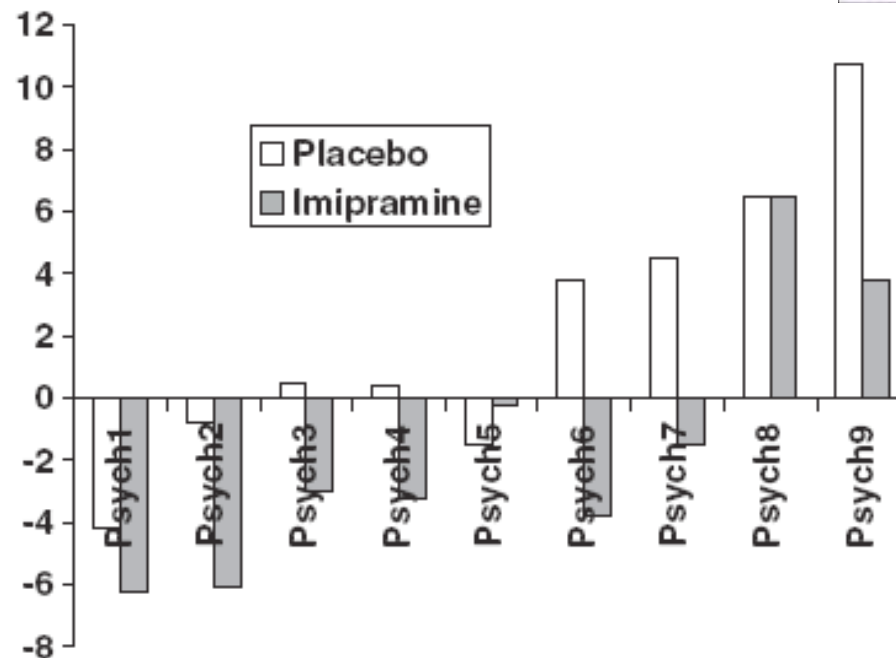


We are not separate from our context

- Depleting fishery (resource dilemma task)
- 10/30 words on sentence completion task either cooperation or neutral words
- Those primed subliminally for cooperation = those with conscious cooperation goal > neutral words for fish returned to common resource



Your Choice: Pills or Person



- Variance in BDI due to medication = 3.4% vs. 9.1% d/t psychiatrist
- HAM-D=5.9% & 6.7%

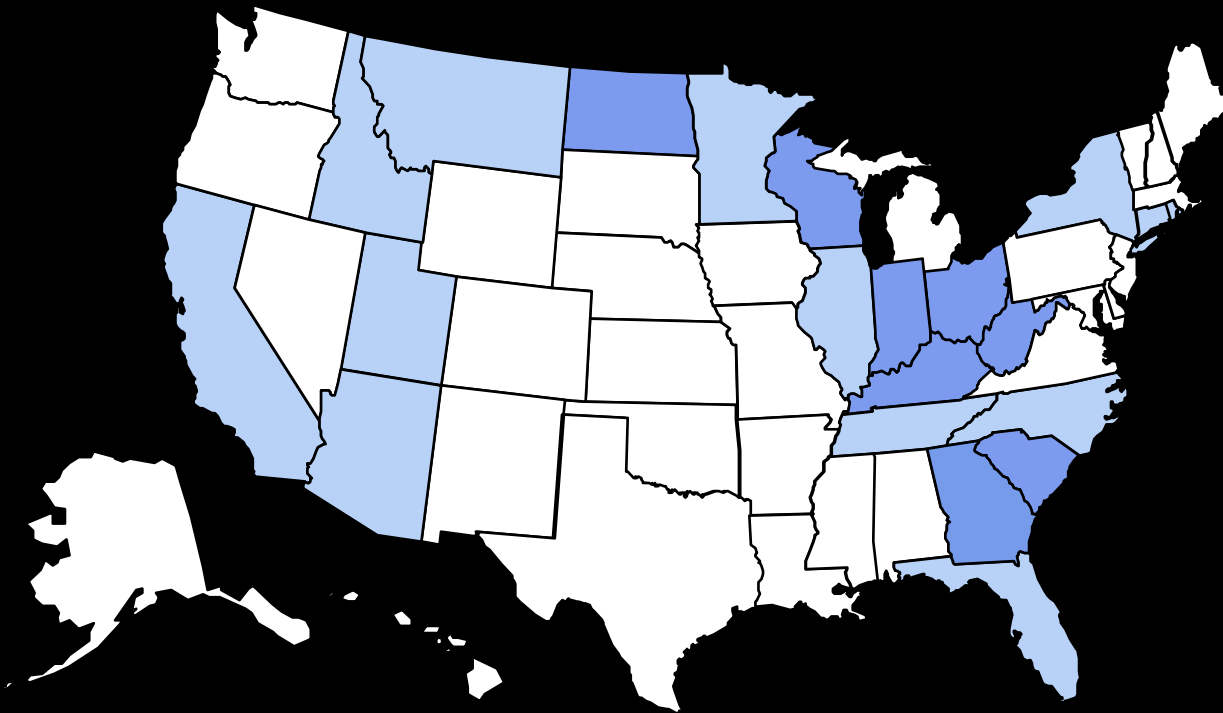
“No cashier held a gun to our heads and made us supersize it, true enough. But humans have a built-in weakness for fats and sugar. We evolved in lean environments where it was a big plus for survival to gorge on calorie-dense foods whenever we found them. Whether or not they understand the biology, food marketers know the weakness and have exploited it without mercy. Obesity is generally viewed as a failure of personal resolve, with no acknowledgement of the genuine conspiracy in this historical scheme. People actually did sit in strategy meetings discussing ways to get all those surplus calories into people who neither needed nor wished to consume them. Children have been targeted especially; food companies spend over \$10 billion a year selling food brands to kids, and it isn't broccoli they're pushing. Overweight children are a demographic in many ways similar to minors addicted to cigarettes, with one notable exception: their parents are usually their suppliers.”

“No cashier held a gun to our heads and made us supersize it, true enough. But humans have a built-in weakness for fats and sugar. We evolved in lean environments where it was a big plus for survival to gorge on calorie-dense foods whenever we found them. Whether or not they understand the biology, food marketers know the weakness and have exploited it without mercy. **Obesity is generally viewed as a failure of personal resolve**, with no acknowledgement of the genuine conspiracy in this historical scheme. People actually did sit in strategy meetings discussing ways to get all those surplus calories into people who neither needed nor wished to consume them. Children have been targeted especially; food companies spend over \$10 billion a year selling food brands to kids, and it isn't broccoli they're pushing. Overweight children are a demographic in many ways similar to minors addicted to cigarettes, with one notable exception: their parents are usually their suppliers.”

Obesity Trends* Among U.S. Adults

BRFSS, 1985

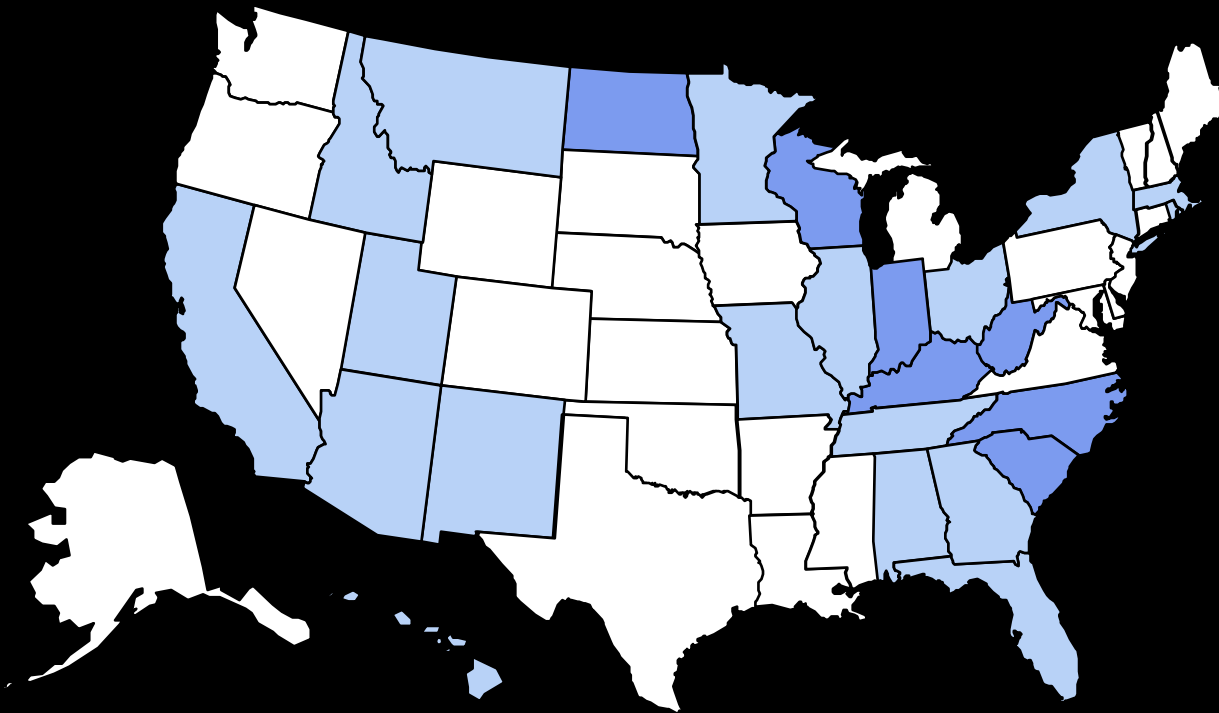
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1986

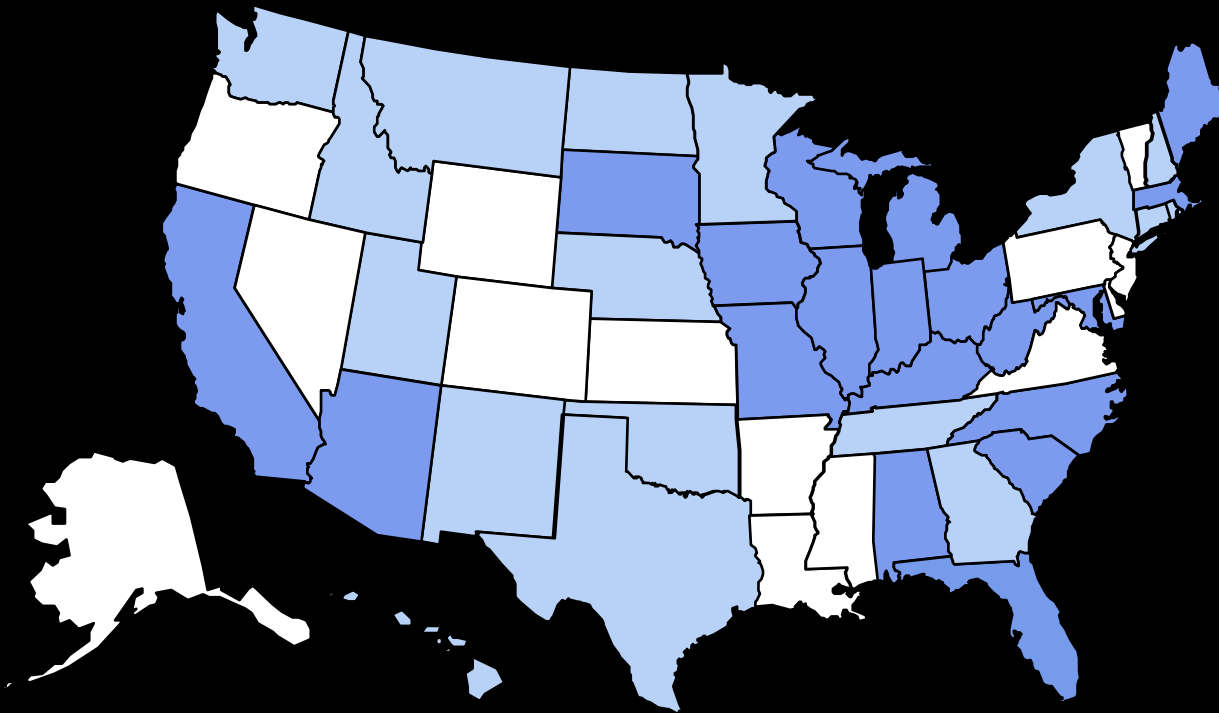
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1988

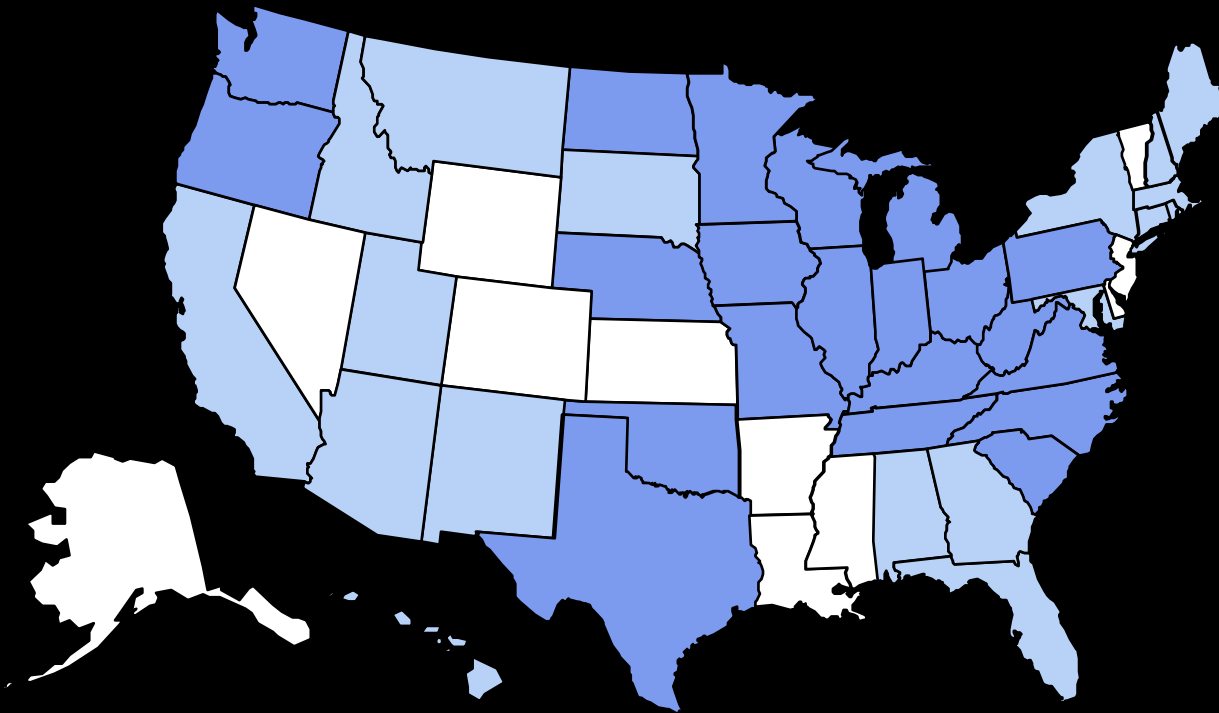
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1989

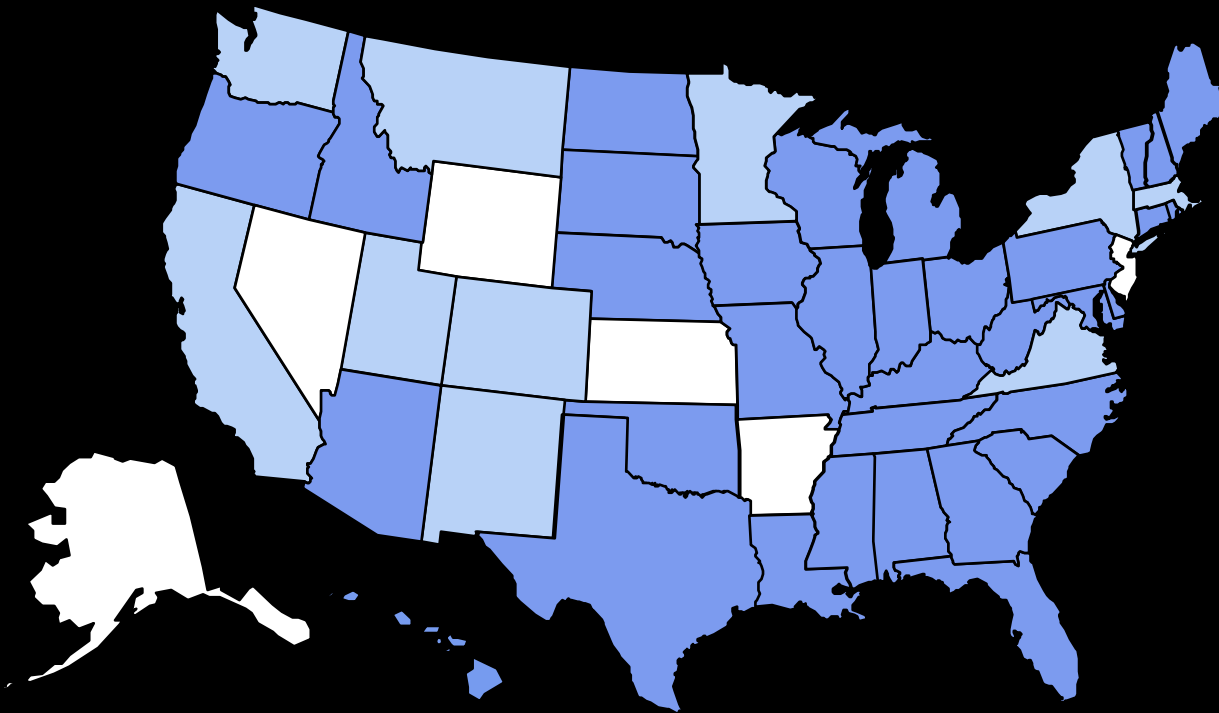
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Obesity Trends* Among U.S. Adults

BRFSS, 1990

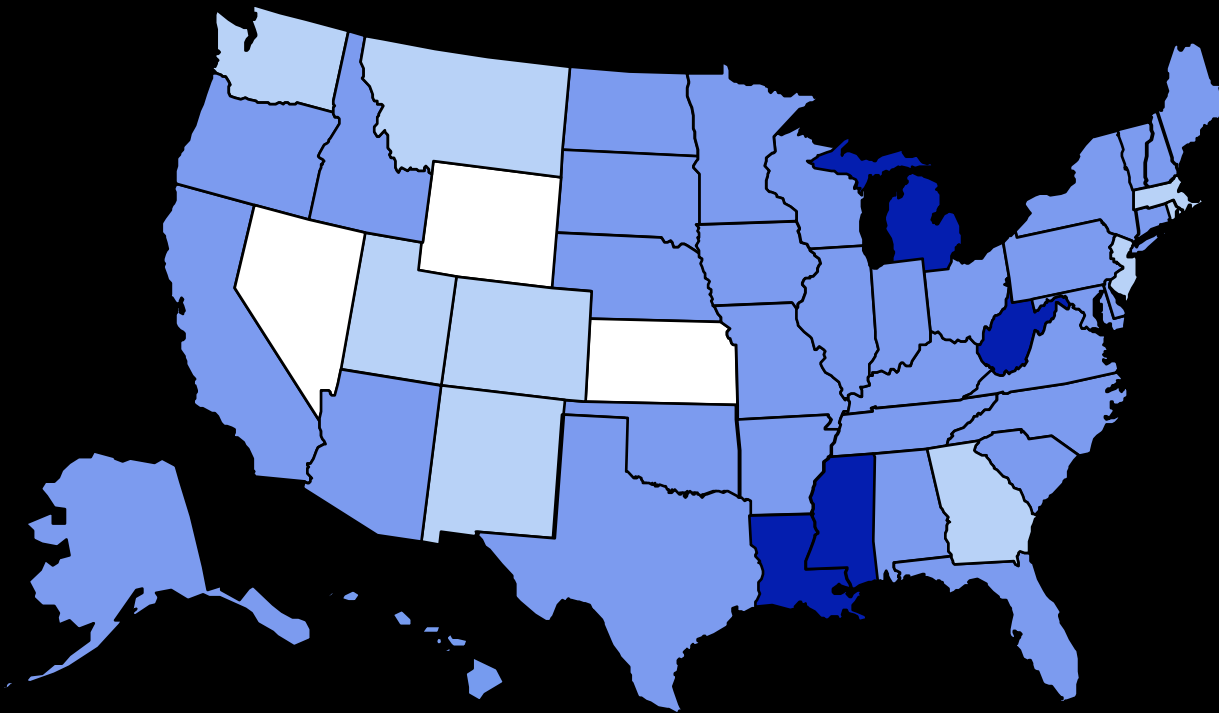
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1991

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

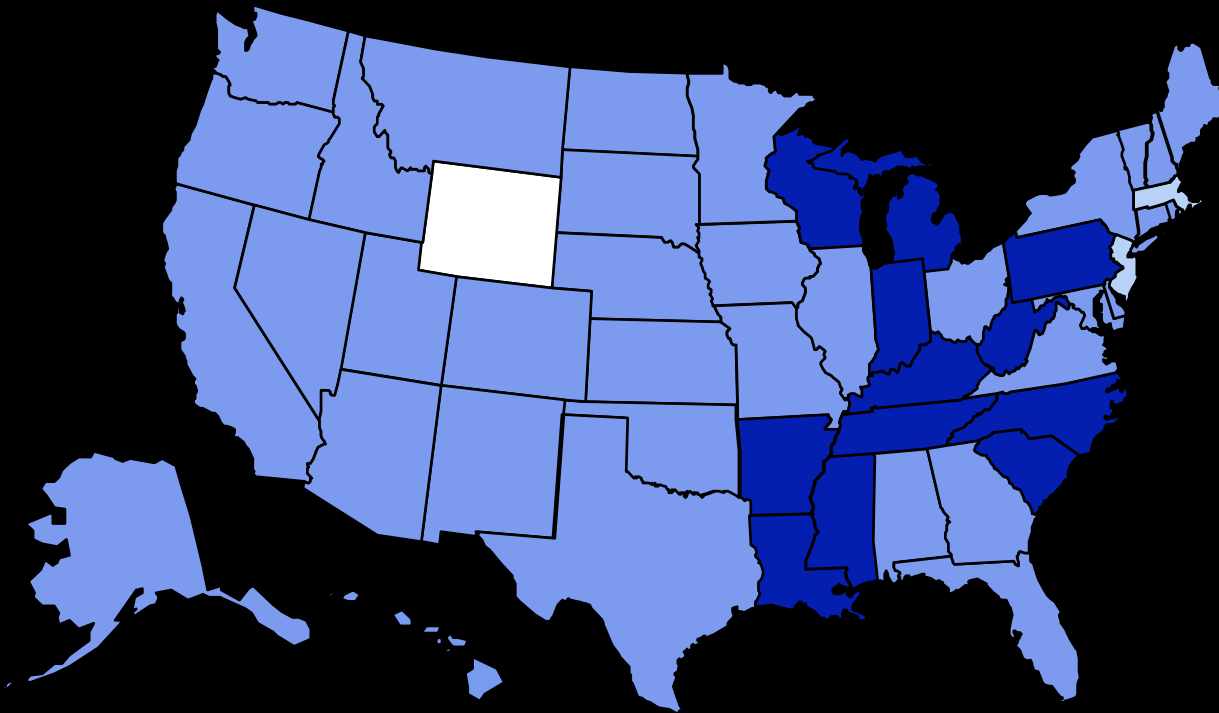


■ No Data ■ <10% ■ 10%–14% ■ 15%–19%

Obesity Trends* Among U.S. Adults

BRFSS, 1993

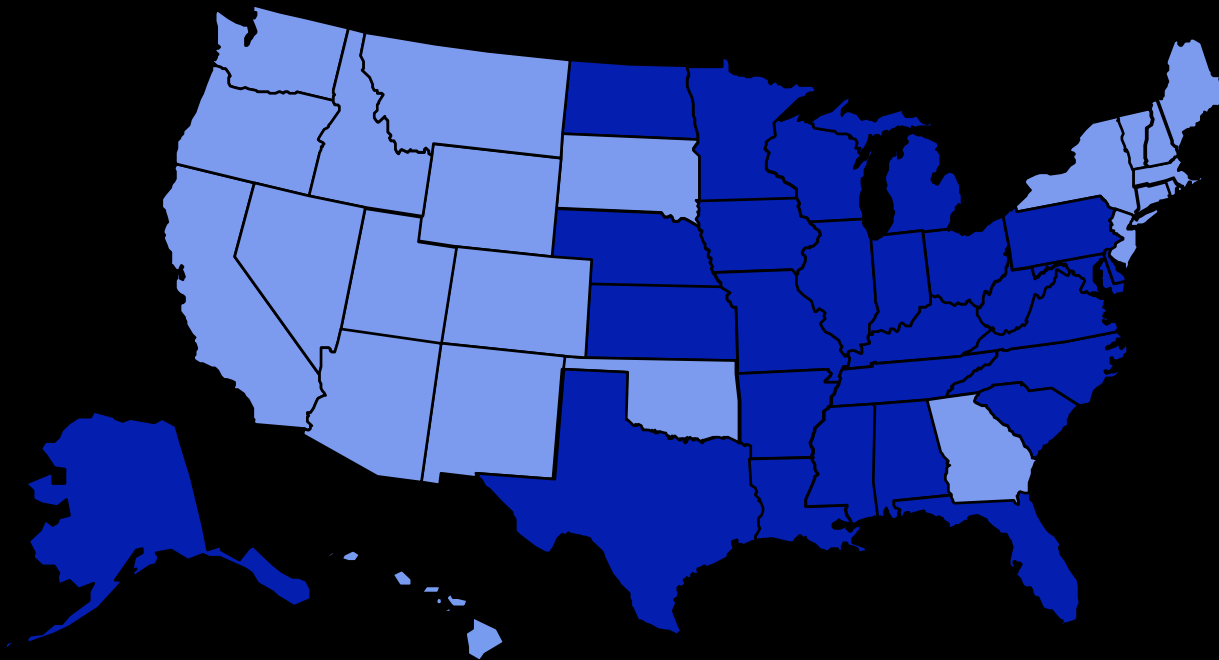
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1995

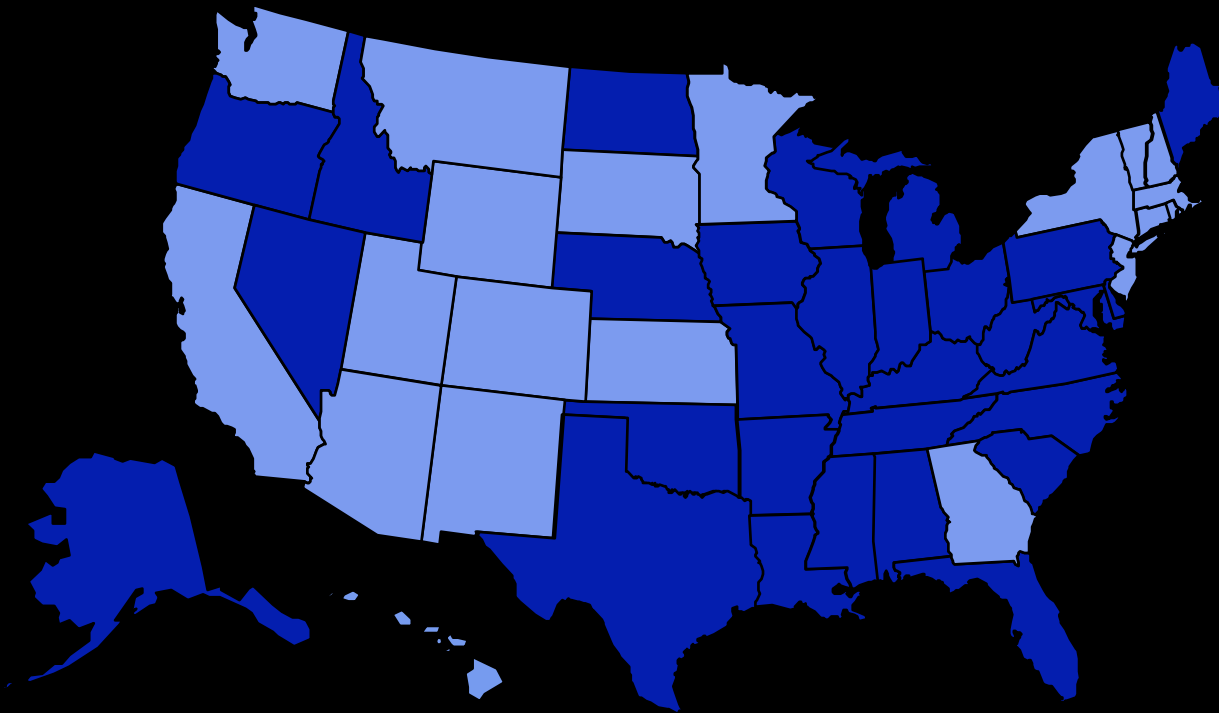
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1996

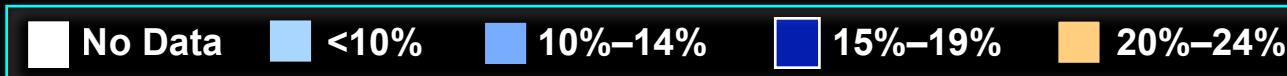
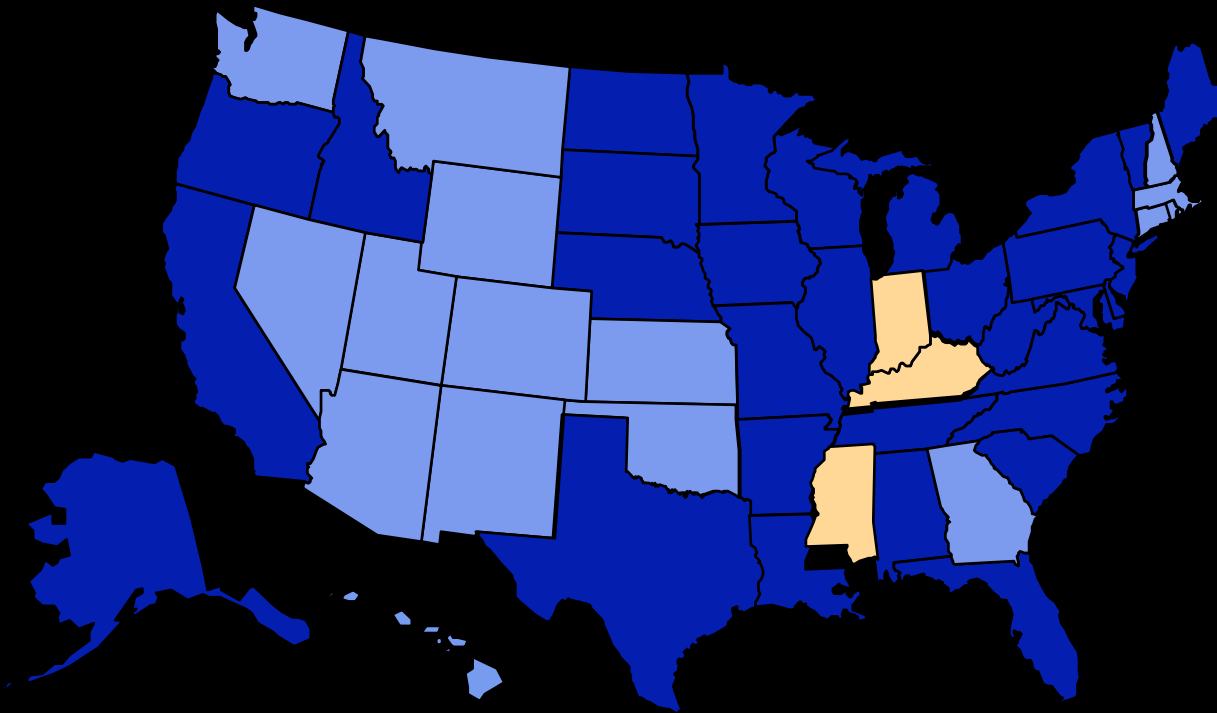
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1997

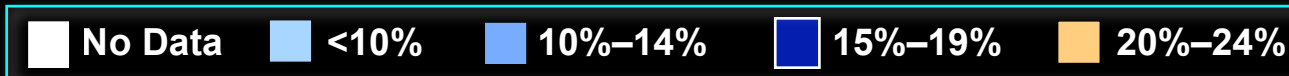
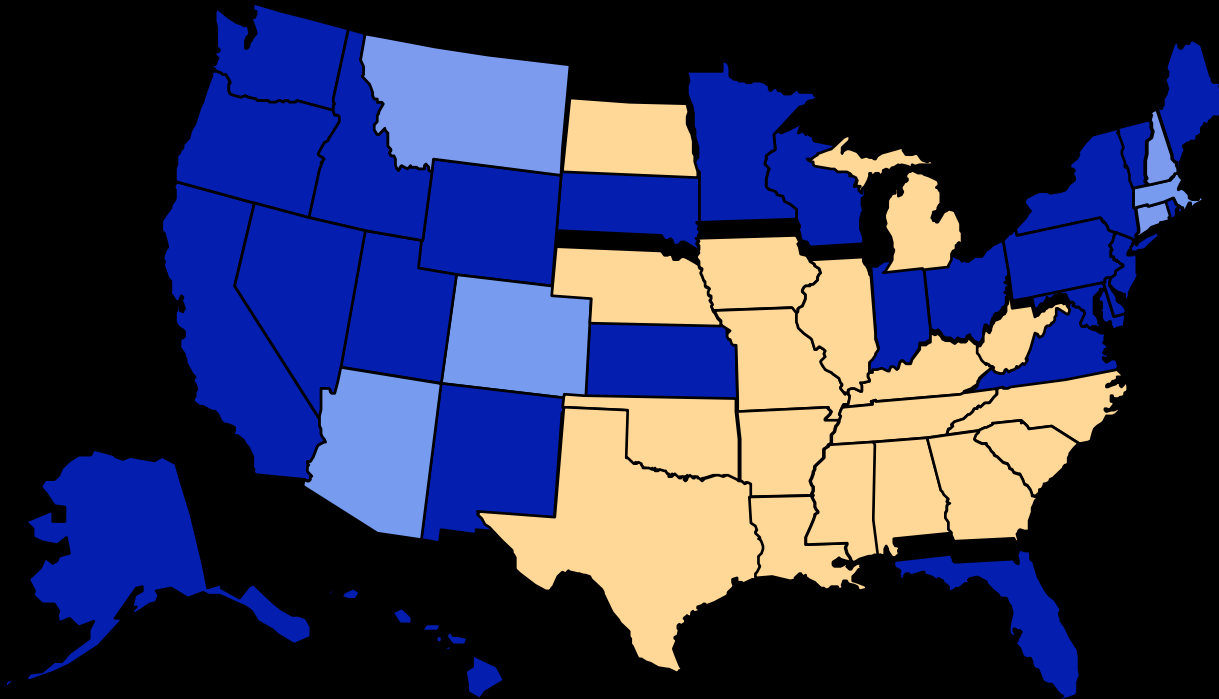
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1999

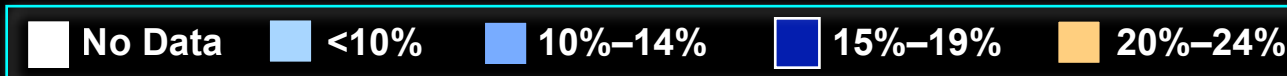
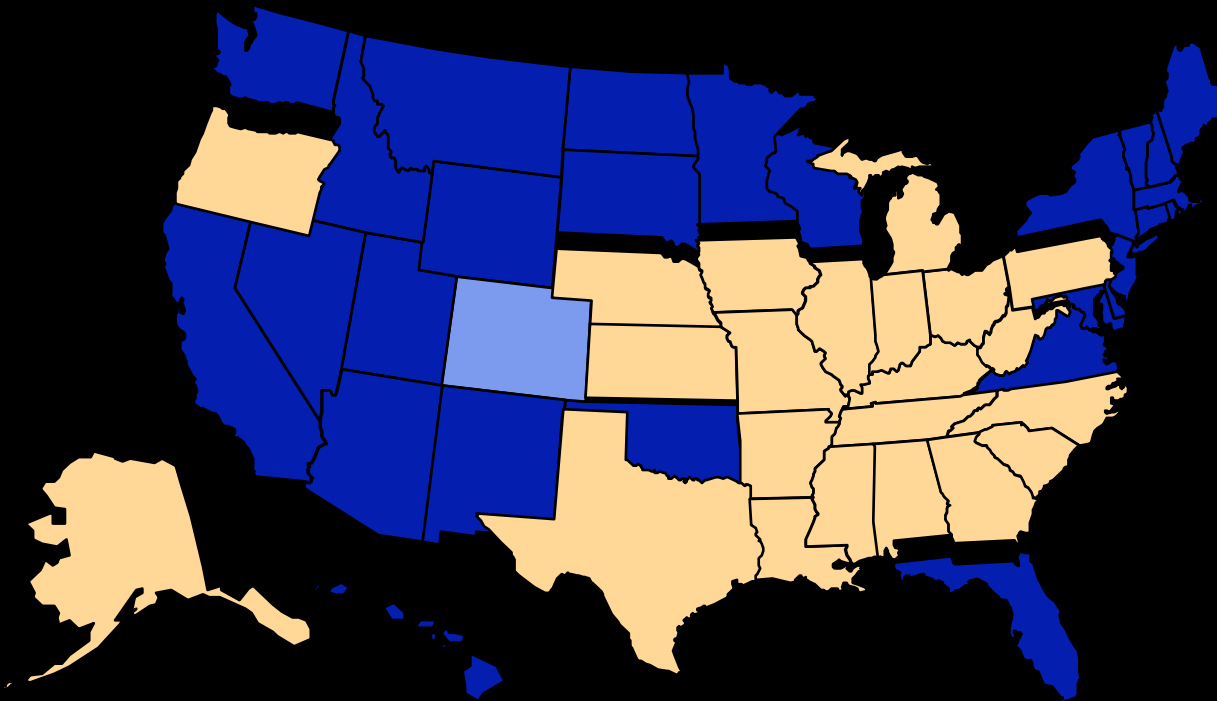
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2000

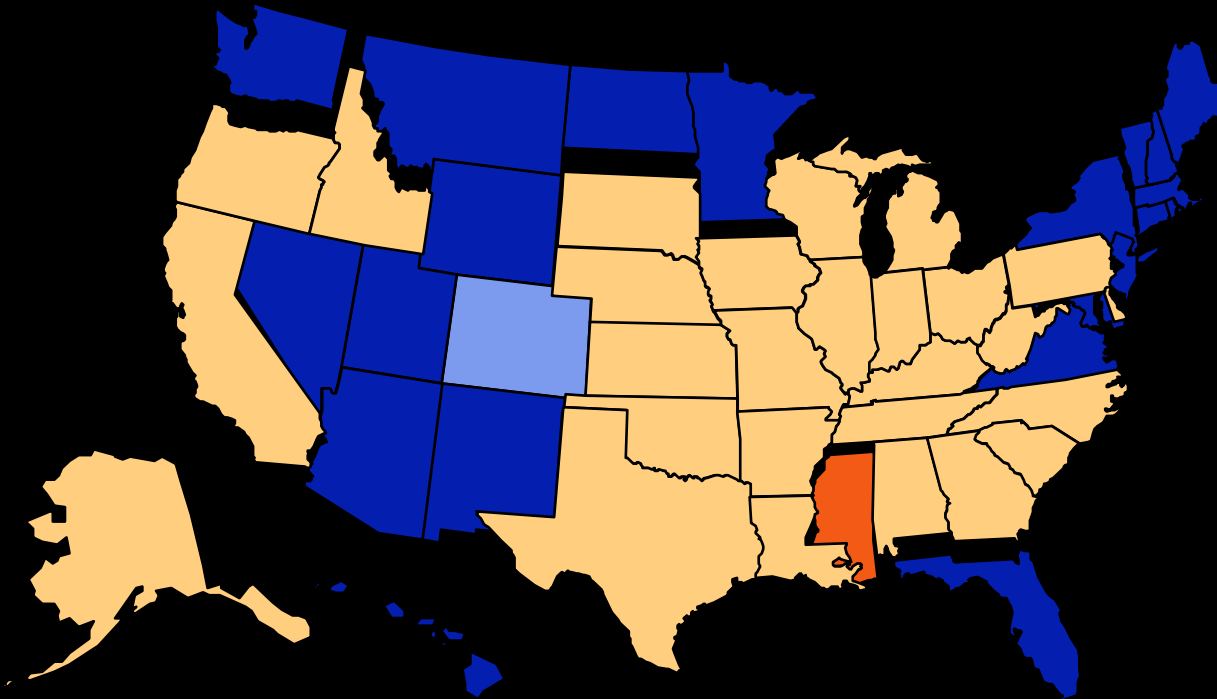
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2001

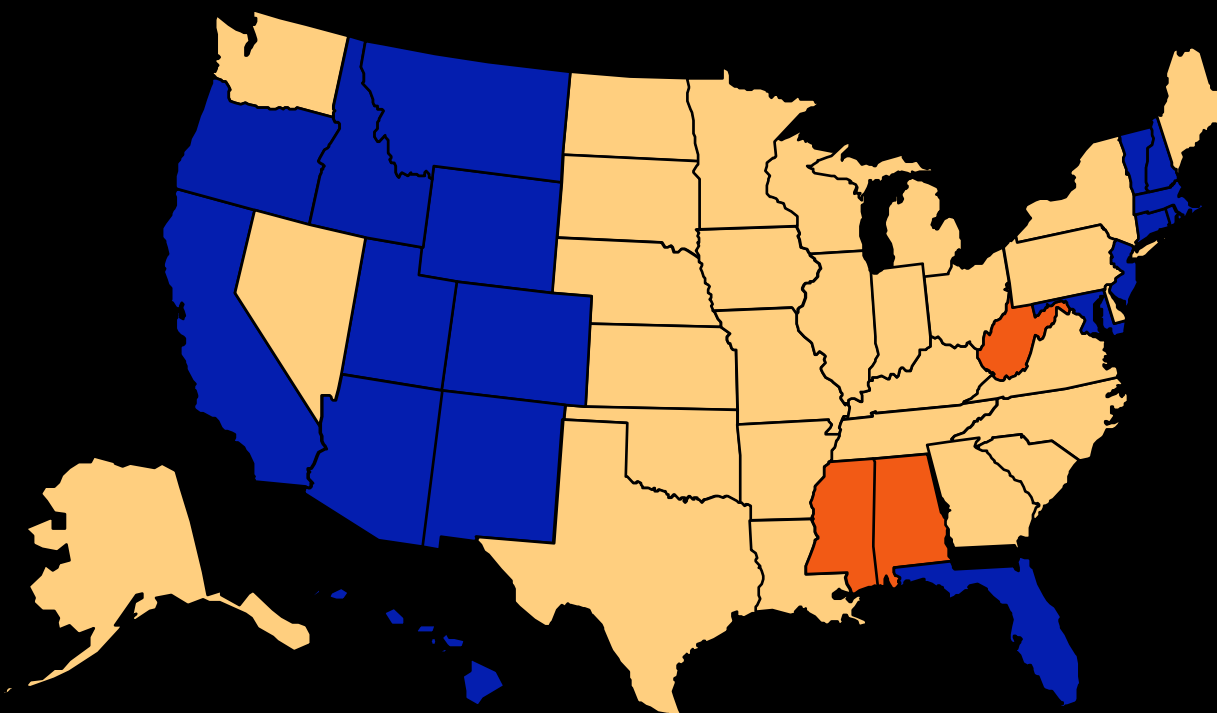
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2002

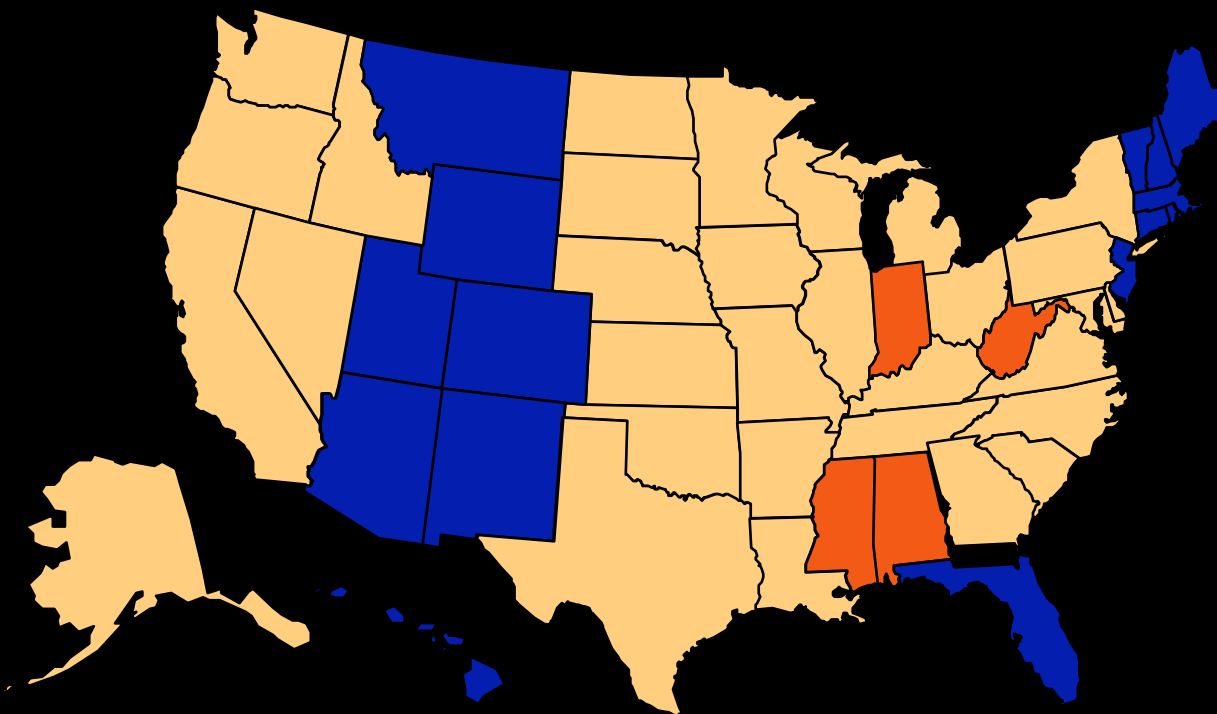
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2003

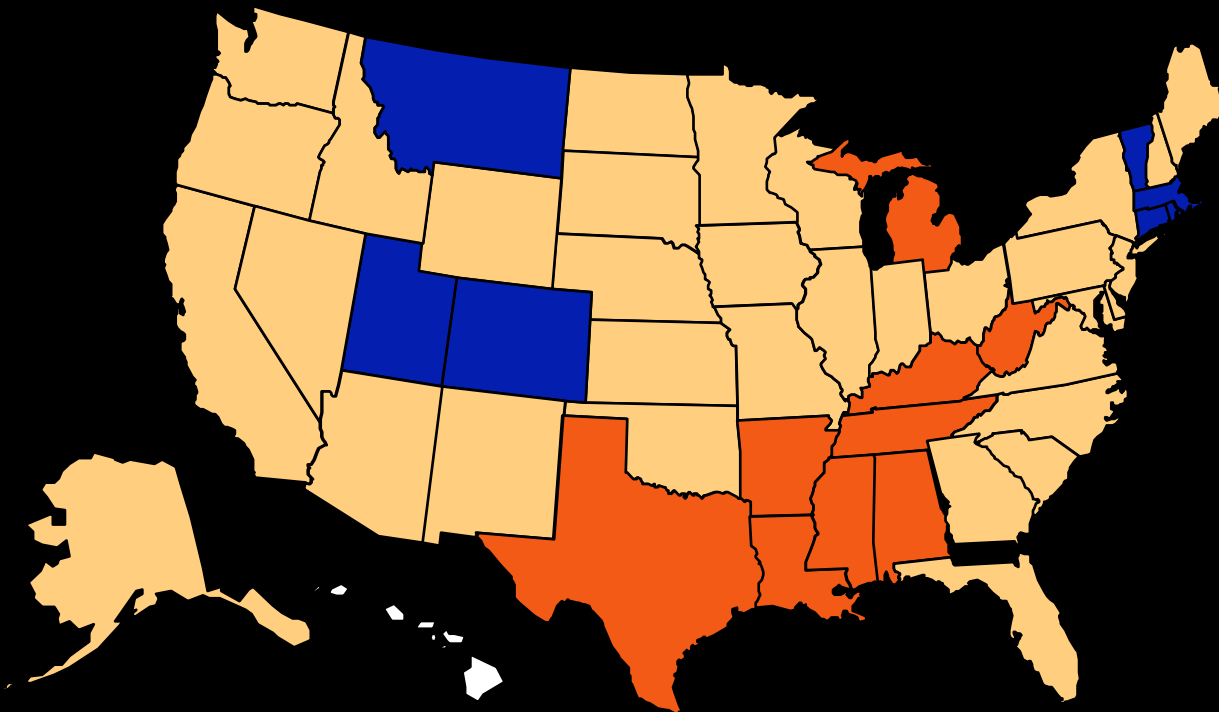
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2004

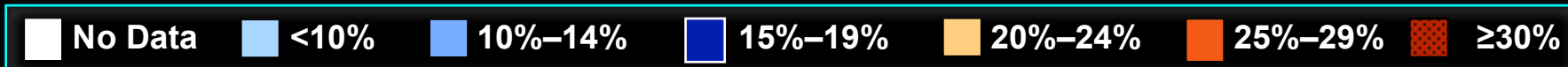
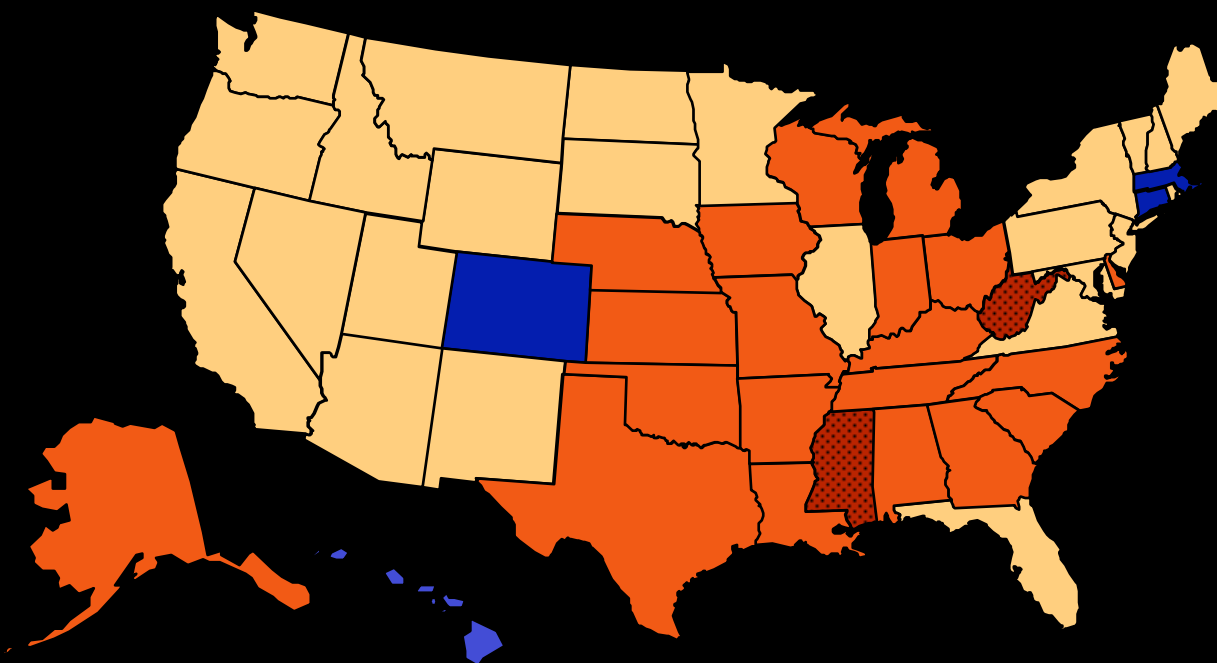
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2006

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



How does this happen?

- Capitalism: Most effective system of non-coercive control yet invented
- True costs are not included so maximizes the wrong things (e.g., trees are worth more dead than alive)
- Don't include costs because it's individual's problem of will

Stroop Task

XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX

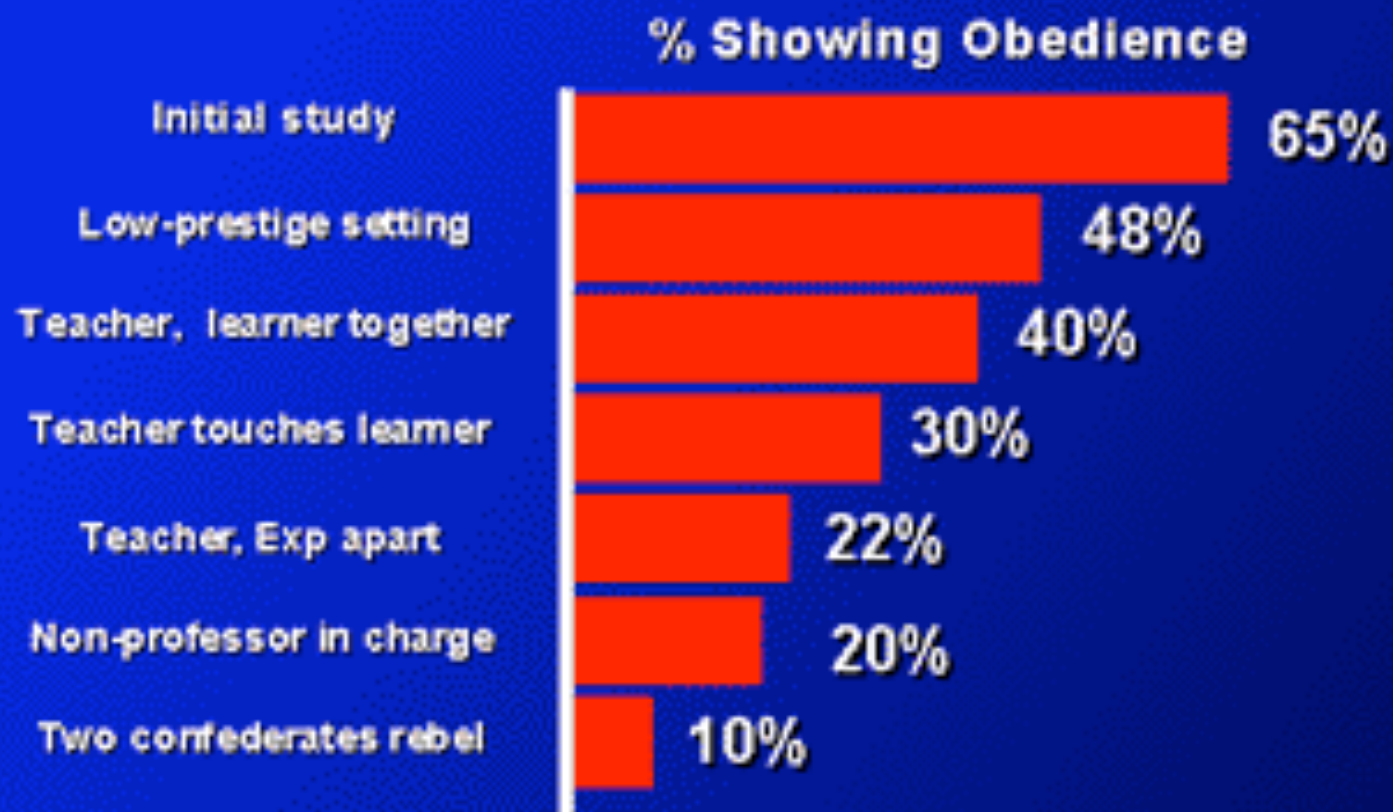
Read the font color – as quickly and accurately as possible

Stroop Task

RED BLUE GREEN YELLOW BLUE
YELLOW GREEN RED BLUE GREEN YELLOW
RED GREEN BLUE RED YELLOW YELLOW
GREEN RED BLUE RED GREEN BLUE
YELLOW YELLOW BLUE RED YELLOW GREEN
BLUE RED GREEN BLUE YELLOW RED

Read the font color – as quickly and accurately as possible

Milgram's Obedience Studies





True neurally. Mirror Neuron System

- Observing an action = Doing that action
- Experiencing disgust & observing someone's disgust both activate anterior insula (Wicker, Keysers, et al., 2003, Neuron)
- Empathy: to put oneself in the place of others



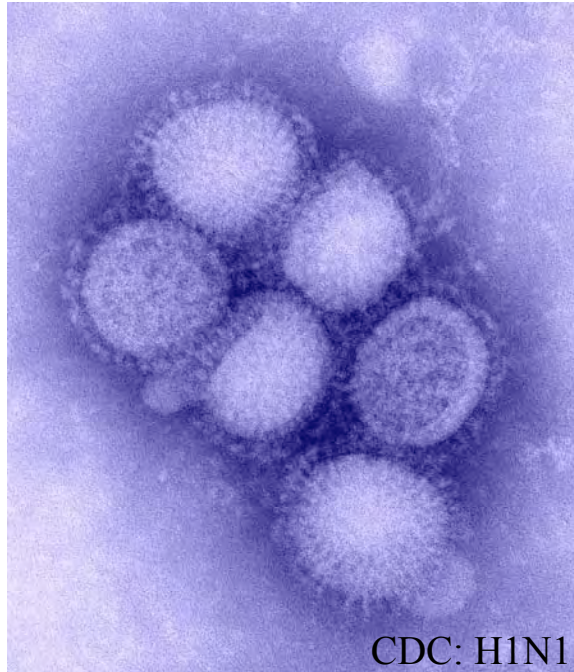
Empathy, Compassion, & Fairness

- Empathy: High functioning autistic individuals have less activation in MNS areas than controls when imitating emotional facial expressions (Depretto, et al, 2006, Nat Neurosci)
- Compassion: AC & Anterior insula activate when partner feeling pain (Singer, et al., 2004, Science)
- Fairness: AC & Anterior insula activated when neuroeconomic games are played fairly or not (Singer, et al., 2006, Nature)

Wisdom of Crowds

- Jelly Beans (Treynor, 1987)
 - Jar with 850 beans, group estimate 871
 - 1 out of 56 people made better guess
- Estimate of room temp (Knight, 1921)
 - Ave estimates of class at Columbia U.
 - Guess = 72.4 degrees, actual = 72 degrees
- Rank items by weight (Gordon, 1924)
 - Asked 200 students to rank items by weight
 - Groups estimate 94% accurate, better than all but 5 indiv guesses





CDC: H1N1

Google better than CDC at predicting flu (2007-8)

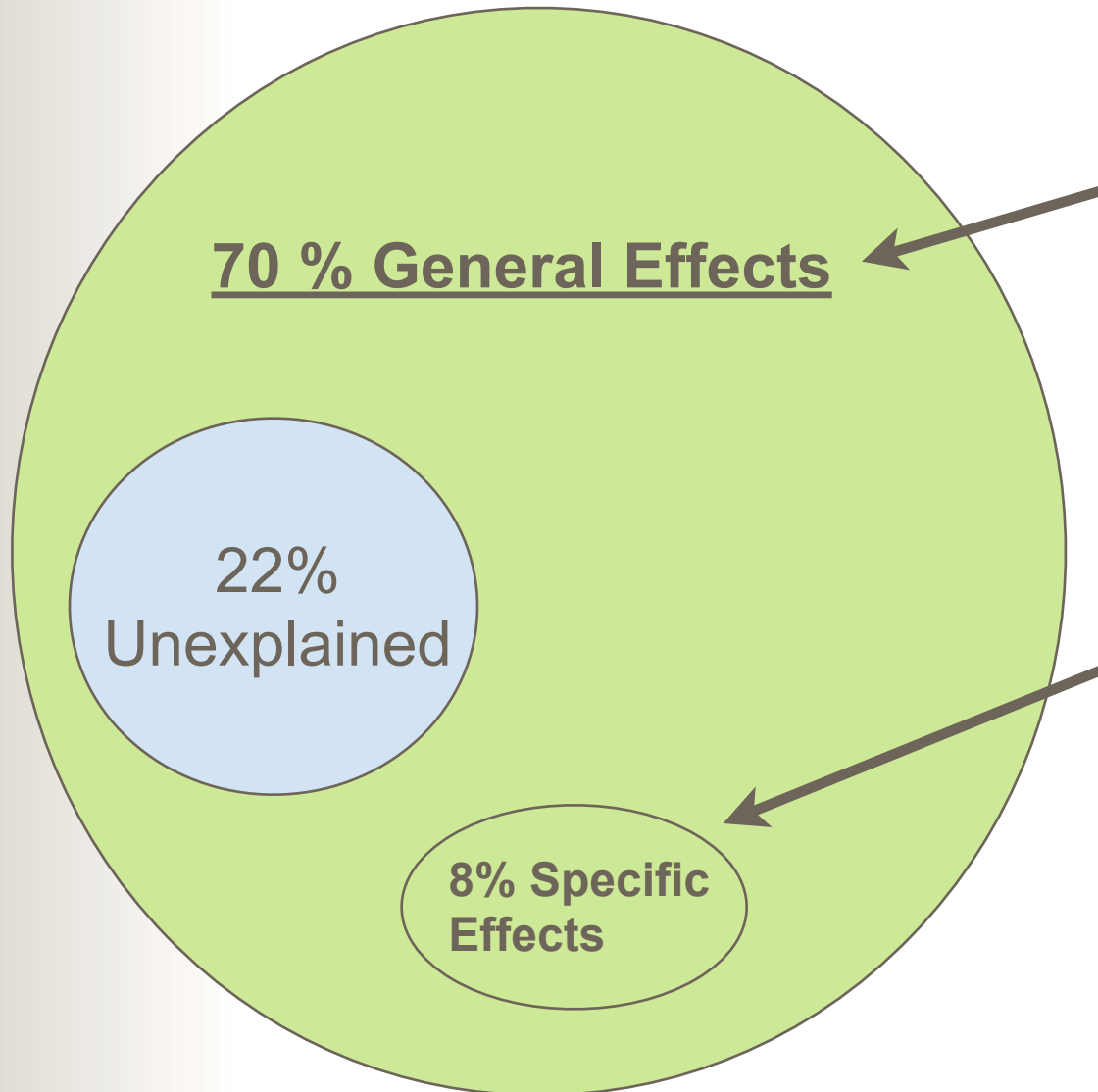
Summary

- We have less personal control than our culture pretends we do
- We think, feel, and behave the way we do largely because we're influenced by others & our environment
- We are sometimes wiser as a group
- The further we get from physical contact, the easier it is to treat others as if they are not human (not us)

SWB: 3 Projects

- Science
 - Robust measure with behavioral & physiological validation
 - Creation of “treatment” to increase SWB
 - Community + Mindfulness + Health & Environmental education
 - Best “treatment” is a healthy community
- Local quarterly retreats with SWB theme
 - Mindfulness, silence, small groups
 - A little education

What makes a treatment effective?



- Factors common to treatments
 - being in a group
 - attention
 - time out
- not the specific ingredients

Best Treatment is Community

An aerial photograph showing a rural landscape. In the top left, there is a large, irregularly shaped field with a mix of green and brown patches, labeled as a prairie restoration. To its right is a large, rectangular field with distinct rows, labeled as an organic CSA farm. In the bottom left, there is a large area with many small, rectangular plots, labeled as community gardens. In the bottom right, there is a residential development with several houses and a parking lot, labeled as Troy Co-housing. The background shows more fields and trees.

5-acre prairie
restoration

5-acre organic CSA farm

Community Gardens
5 acres (320 plots)

Troy Co-housing
30 units, mixed income

Troy Co-housing

- Lifespan design
- Universal design
- Green space
- Promote community
- Green built & energy star
- Low operating costs
- Affordable: 20 (of 30) units permanently at affordable housing rates
- 2007 Livable Community Award from AARP & NAHB



GROWING TOGETHER



"In summer, me and
my friend Lonzo
planted some bright
orange carrots.
I hope there is always
a garden for all the
Vera Court kids."

Tesha Lynn Bell

troy gardens





Vision

Troy Gardens is a welcoming cohousing community where we cultivate sustainability and meaningful connections with one another and the land through celebration, cooperation, and open communication.



- 
- An aerial photograph of a residential development featuring several two-story houses with grey roofs and colorful siding (red, blue, and white). The houses are arranged in a circular pattern around a central green lawn. A paved road with several cars is visible at the bottom of the image. A white-bordered text box is overlaid on the left side of the image, containing a bulleted list.
- Children
 - Social
 - Digesting information

Sharing...

- Meals
- Childcare
- Cars?
- Financing to increase renewables?
- Homes to increase density?
- Largest obstacles?
 - Intending to change
 - Getting along
 - Time

Conclusions

- We won't solve problems with the same mindset that created them
 - Specialists = disconnection
 - solve one problem at a time
- Need to evolve our culture rapidly
 - Do it through community, relationships, connecting
 - Knowledge AND emotion
 - Measure success through SWB

How can we connect?

- Be silent in solitude (e.g., mindfulness, prayer, walk in the woods, look at the stars)
- Mindfulness: notice thoughts, emotions, body without judgement (e.g., MBSR)
- Skillful communication
- Form or join a community (e.g., sangha, church, etc.)
- Form or join SWB retreat
- Help with SWB research
- Be less busy. Be you.

Thank you

- Rizwan Ahmad & Greg Reeb
- SWB Science Group
 - Richard Davidson
 - Zac Imel
 - AC Del Re, Brianna Schuyler, Emma Seppala, Helen Weng, Hyejeen Lee, Jack Nitschke, Kaelyn Stiles, Melissa Rosenkranz

Beyond Self



The Big Us

sustainable**wellbeing**.org