Sustainable Happiness and Education

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UN Decade for Education and SD

“There can be few more pressing and critical goals for the future of humankind than to ensure steady improvement in the quality of life for this and future generations, in a way that respects our common heritage - the planet we live on.

UN Decade of Education and Sustainable Development, 2005-2014
Happiness should have greater role in development policy – UN Member States

19 July 2011 – The General Assembly today **called** on United Nations Member States to undertake steps that give more importance to happiness and well-being in determining how to achieve and measure social and economic development.
Realising a World of Sustainable Happiness and Wellbeing

Having gathered at the United Nations in New York on 2\textsuperscript{nd} April, 2012, pursuant to UN General Assembly Resolution 65/309 on “Happiness: towards a holistic approach to development,” hereby express our support for the following statement:

A fundamental human goal is the deep abiding happiness that comes from living life in full harmony with the natural world, and with our communities and fellow beings. This is consistent with the goals of the Earth Charter, the Millennium Development Goals (MDGs), and the emerging Sustainable Development Goals.

(UN High Level Meeting on Happiness and Wellbeing)
Who/What is teaching us about happiness?

What are we learning?
Shop ‘til you drop?
Designer fashions for our kids?

Tommy Hilfiger
Rare Editions
Laura Ashley
B.T.Kids
Good Lad
Nature-Deficit Disorder?
HAPPINESS.
STARTING AT $47,000.*

* Happiness guaranteed for day of purchase only
WHERE WILL HAPPINESS STRIKE NEXT?

Coca-Cola.
Happiness

• Relationships with family and friends

• Experiencing gratitude and appreciation

• Feeling engaged with our work, or other commitments (family, volunteer, etc)

• Leading a meaningful life
Happiness    Sustainability
“Sustainable happiness is happiness that contributes to individual, community and/or global wellbeing and does not exploit other people, the environment or future generations.”

(O’Brien)
• Choices related to what we eat and drink
• How we travel
• What we wear
• Our relationships
Sustainable Happiness Course

- Interview the Happiest Person You Know
- Sustainable Happiness Footprint Chart
- Interdependence Map
- Buy Nothing Day
- Genuine Wealth
- Gratitude Letter
- Sustainable Happiness Project

www.sustainablehappiness.ca
## Sustainable Happiness Course

### Sustainable Happiness Footprint Chart

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>EMOTIONAL EXPERIENCE</th>
<th>IMPACT ON SELF</th>
<th>IMPACT ON OTHERS</th>
<th>IMPACT ON NATURAL ENVIRONMENT</th>
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Interdependence Map For Paper

- People working in store
- People who bought the paper
- Factory workers
- Paper mills
- Water
- Machinery
- Invention of machinery
- Invention of printing press
- Invention of trucks
- Fuel
- Trucks to transport logs
- Forestry workers
- Tree cutting tools
- Trees
- Sun
- Water
- Soil

Invention of technology to extract and refine oil
If you are a poet, you will see that there is a cloud in this sheet of paper. 

Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper.

Thich Nhat Hanh

In H.H. Dalai Lama and V. Chan, 2004. Wisdom of Forgiveness, p. 119
Legacy of Sustainable Happiness

The one key that stands out for me is how much happiness has to do with our health and when you look at it how simple it is to have. All that is necessary to have sustainable happiness is to feel your feelings, live in the moment and look after the priceless gifts we already have like our planet, our family our friends and ourselves.

Student comment on Lessons Learned from the Sustainable Happiness Course
Sustainable Happiness and Education

A resource for K-6 that links sustainable happiness, with healthy, active lifestyles.

www.sustainablehappiness.ca
Natural Highs

1. The cold side of the pillow.
2. Laughing so hard your face hurts.
3. The sound of an owl hooting.
4. Hearing rain on a tin roof.
5. Feeling the sun on my face.
Natural Highs

6. Watching my daughter sleep.
8. The first snow fall.
10. The smell of lilacs.
Celebrating Sustainable Happiness in Nunavut

http://www.youtube.com/watch?v=pxMu0pEX0As
Take HAPPINESS and WELLBEING to the next level!

This course will:
Help you create more joy in your life, bring happiness to your friends, family and community, and sustain our planet!

Sustainable Happiness is your game changer

Interdependence
LEARN HOW HAPPINESS CONNECTS ALL OF US

sustainablehappinesscourse.com
Applications of Sustainable Happiness

- Cape Breton University – education, communication, nursing
- UC Berkeley School of Public Health
- Stanford University, directed reading
- Sustainable Happiness Teacher’s Guide
- Education for GNH
- Pan-Canadian study – trip to school
- Wellness Coalitions, NL
- Celebrating SH in Nunavut
Sustainable Happiness

Happiness that contributes to individual, community, and/or global wellbeing and does not exploit other people, the environment, or future generations.

Taking happiness and well-being to the next level.

Sustainablehappiness.ca

Photo: Sean Murray