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## **The importance of psychological well-being in functioning ecosystem services**

**Key words:** psychological well-being, livelihoods, human-ecosystem interface

**Abstract:**

In the Coral Triangle over 120 million people depend on marine and coastal resources as a primary source of livelihood, income, and sustenance. The degradation of local marine ecosystems presents a direct threat to the way of life for vulnerable communities who rely on them. Ecosystem services are instrumental to maintaining the functioning of communities and individual lives. Beyond the economic and biophysical dangers, individuals also face pressures to their social, cultural, and psychological foundations. These facets of human well-being are frequently an unexplored component of ecosystem services. It is imperative that research investigates this psychosocial relationship between humans and the natural world if we ever intend to extrapolate the full value ecosystems. My work focuses on the necessity of sustainable human-ecosystem interaction in low-resource coastal communities. Our initial survey findings suggest that the value of ecosystems extends far past the economic gains, the business opportunity, and the benefits of biodiversity. The value is also found extensively ingrained in cultural values, perceptions of the world, and day-to-day behaviour. These findings indicate an incalculable value of ecosystems to the nurturance of overall well-being within these communities. This presentation will focus on innovative strategies to promote positive behaviour, quantify psychosocial competencies, amplify the importance of the biophysical world for well-being, and understand the value associated with the psychosocial and cultural component of ecosystems (companion to Ross' community organization strategies, this forum). Basing my objectives around the recent UN SDGs, my work focuses on the importance of: good health and well-being; responsible consumption; sustainable communities; improving the quality of life below water by harmonising economic gains, sustainable lifestyles; and overall psychological well-being. To begin reducing anthropogenic impact and taking full advantage of ecosystem opportunities, we must intertwine the ideals of sustainability, social sciences, and culture