Global scale

Sustainability

- Environmental behavior/consumption
- Human-nature connection
- Adaptive & flexible response capacity
- Behavioral regulation

Mindfulness

- Subjective well-being

Individual scale

- Social activism/action
- Interrelation with others/equity
- Activation of core values/empowerment
- Physical health

Interrelation between social, environmental, economic, physical and political dimensions of sustainability

Sustainability continuum, mirroring at micro and macro level