

Project Group (Number and Name): 54 , “It is the Emotions, Stupid! How the Access to Our Emotions Can Solve All Our Problems”

Comment

Authors of the Comment: Annika Draeger, Tassia Stölken, Joyce Schröder

Comment:

Critical comment: how emotions can solve all our problems

Burning bushes, floods and food shortage are only a few of the many consequences of climate change we are already facing today. But if we continue the way we are living now, we will encounter even more and much worse crisis. For years on end, our economic model based on growth has led to mass consumerism and mindless buying. But there might be hope at the end of the tunnel.

What is it, that we actually long for, deep down? Is it buying yet another pair of jeans, even though the closet is already bursting? Or is it that we are fulfilled rather by the things money can't buy. For sure, buying a certain item might lead to a short-time happiness but on the long run, it might not be the solution to a fulfilled life.

To begin with, we live in a world that is often rushed and can feel overwhelming at times. Now, instead of running to the nearby store to comfort yourself with a new shirt, you could start to gain control over that behaviour, that will lead to a more sustainable way of life at the same time. That means, that by finding your own way and reaching an inner peace, you will be less dependent on materialism but you might draw strength from the people that are close to you or from exploring the nature around you.

As Jorge Guerra González, academic of Leuphana, claimed, you should “just try to be happy, in balance with yourself and your [...] environment and you will achieve sustainable development in the process”¹, which means that it is a way for each person to be more at peace while being more sustainable at the same time, since one will buy less of what they won't need. Nevertheless, it is only part of the solution and you have to consider the bigger picture. It is wrong to say that a sustainable lifestyle can only be based on happiness, since there are many people who live wasteful whilst feeling happy. Thus, there are people who profit from the current economic system and will not suddenly change their way of life. As a consequence, a change of the whole system, which includes the entire society, has to be added to this theoretical concept of controlling your emotions, which focuses solely on the individual.

In conclusion, this idea might be a source of hope for some people, that there is a way of living both a balanced and sustainable life. But we must also consider that further measures must be taken to ensure that future generations can still enjoy this planet. That we can preserve our flora and fauna, that the next generations can experience all four seasons and encounter a world in peace without war and other problems, such as gender discrimination, religious conflicts, political prosecution and

many more. It is easy to lose yourself in this complex world but we can find strength in ourselves and make the world a better place for our children.

¹Implementing Real Sustainability – The Meaning of Sufficiency for a New Development Approach, Jorge Guerra Gonzáles

Video Information

Title of the Video: *The simplicity of being happy*

Authors of the Video: Sophia Iden, Hanna Grieb, Lia Schenkel, Valerie Ferrari, Joyce Schröder, Anika Draeger, Celin Dühring, Leonie Müller, Tassia Stölken, Hilke Mohr, Franziska Heilshorn, Sophia Mieth, Inna Kemmet, Simona Fiore, Daniel Knüpper, Larissa Swienty,

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