

Sustainability, Climate Change, and the Path to Global Happiness

Luis Gallardo and the World Happiness Foundation underscore the urgency of reconnecting with our planet, communities, and inner selves.

MIAMI, FLORIDA, USA, November 24, 2023 /EINPresswire.com/ -- As the world's eyes turn to Dubai for [COP28](#), the interplay between sustainability, climate change, and global happiness emerges as a pivotal theme. This significant event, including the first Business and Philanthropy Forum,

brings together diverse minds to tackle some of the most pressing challenges of our time. The [World Happiness Foundation](#), representing a beacon of hope and innovation in this dialogue, underscores the urgency of reconnecting with our planet, communities, and inner selves to co-create a world where freedom, consciousness, and happiness are universal.

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Luis Gallardo. Founder and President of the World Happiness Foundation



Luis Gallardo at COP28

Understanding the Link Between Environmental Health and Human Well-being

The relationship between our environment and overall happiness is intricate and profound. Climate change, often perceived as a distant threat, impacts us directly and personally. Its consequences, such as natural disasters, biodiversity loss, and environmental degradation, inflict not only physical damage but also deep psychological distress. The rise in eco-anxiety, grief, and loss experienced globally underscores the need for sustainable practices that safeguard both our planet and its people.

The Emergence of [Happytalism](#)

In this context, the concept of Happytalism offers a transformative approach. It emphasizes our fundamental interdependence with the planet and other species, advocating for humanity's role as stewards of nature and all living beings.

Happytalism champions a sustainable lifestyle that respects and nurtures the environment while promoting economic and social systems that are equitable and inclusive. This paradigm shift encourages a reevaluation of values, placing happiness, well-being, and environmental stewardship at the core of global and individual priorities.

The Correlation Between Nature and Happiness

Mental Health Benefits: Nature reduces stress and enhances mood, contributing to better mental health.

Physical Health: Interaction with nature boosts physical health, lowering the risk of chronic diseases.

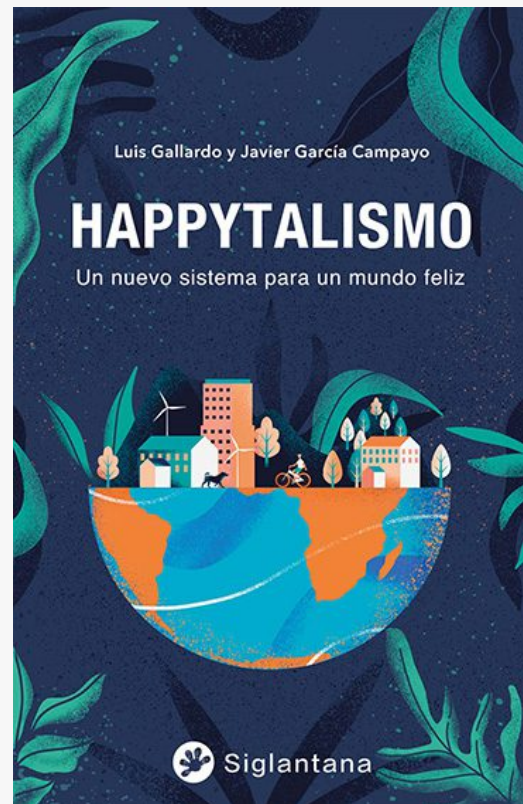
Social Cohesion: Natural environments foster community bonding and social interactions, essential for happiness.

Cognitive Benefits: Time in nature can enhance concentration, creativity, and cognitive function.

Emotional Resilience: Experiences in nature build resilience, helping individuals to manage life's challenges.

Role of Business and Philanthropy in Environmental Stewardship

Businesses and philanthropic organizations are pivotal in driving sustainable change. By incorporating sustainable practices and supporting environmental initiatives, they can significantly impact our planet's health. The COP28 Business and Philanthropy Forum provides a unique platform for leaders across sectors to collaborate and innovate for a healthier planet.



Libro Happytalismo



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The World Happiness Foundation's Vision at COP28

At COP28, the World Happiness Foundation brings a message of holistic sustainability, which encompasses not just environmental conservation but also social and personal well-being. This vision involves rethinking our connection to the natural world, fostering communities that support sustainable living, and cultivating an awareness of our impact on the planet.

Humanity as Earth's Caretakers

In embracing Happytialism, we are called to act as caretakers of the Earth, moving beyond exploitation to a symbiotic relationship with our planet. This role involves protecting and preserving the natural world and recognizing the value of all living beings.

Co-Creating a World of Freedom, Consciousness, and Happiness

The concept of co-creating a world where freedom, consciousness, and happiness are accessible to all is at the heart of the Foundation's message at COP28. This vision involves rethinking our connection to nature, fostering sustainable communities, and cultivating personal and collective awareness.

Challenges and Opportunities

As we confront the challenges posed by climate change and environmental degradation, there are also immense opportunities for innovation, collaboration, and transformation. The discussions at COP28 are pivotal in shaping policies and practices for a sustainable and happy future.

Our Journey Ahead

The COP28 Business & Philanthropy Climate Forum, with the World Happiness Foundation's participation, is not just about policies and practices; it is about shaping a future where sustainability and well-being go hand in hand. These conversations are crucial in steering our world towards a sustainable and happy future, creating a world where happiness, consciousness, and freedom are realities for all. This event is a beacon of hope and a call to action for everyone to contribute towards creating a world where these aspirations are achievable realities.

What's your perspective ? ... Let's co-create in Dubai.

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Paul Hamilton

World Happiness Foundation

+1 347-606-5317

[email us here](#)

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