



Sustainable living standard, health and welfare of women

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My view on sustainability

- Life course perspective
- Individual sustainability – objective and subjective aspects
- Sustainability at the level of society



Economic deprivation and social consequences

- Economic deprivation
- Clustering of welfare problems
- Accumulation of welfare problems



Psycho-social wellbeing

- Subjective feelings of a capacity to being able to cope with problems
- Access to resources in the social environment
- Psycho-social stress – high demands, low control
 - - Long work days
 - - lack of control over work hours
 - - demands on emotional and cognitive energy
 - - insufficient control of work tasks



Psycho-social health and work

- Developments in Europe



Social inequality

- "threat of evaluation" – ranking
- - shame and guilt



Concluding remarks

- "The personal is politics"
- What to do about it? Some ideas for us to discuss
 - Regulations of work hours
- Irregular and temporary, work
- Work on demand
- Flexibility for employees
- Increase levels of social assistance
- Expand educational opportunities and financial support for all ages