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