The role of wellbeing in regenerating agricultural landscapes:
How do we ensure farmers and ranchers are

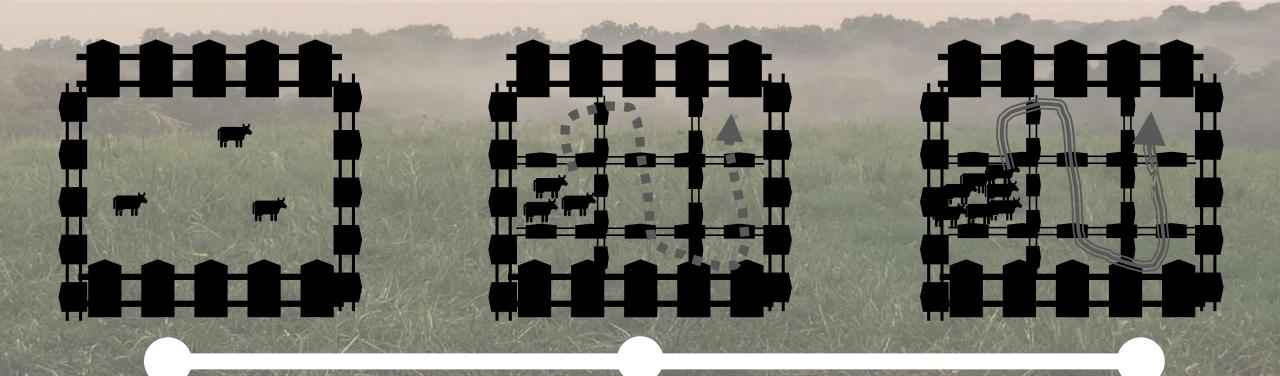
resilient during shocks and stressors?

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## Grazing styles exist on a spectrum from continuous → rotational → adaptive

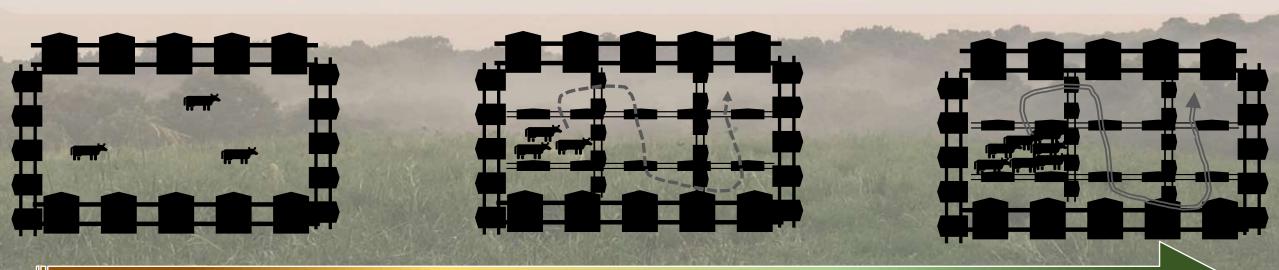


Rotational Adaptive

### Continuous grazing contributes to degradation while adaptive grazing contributes to carbon sequestration

# Grassland Regeneration, Zimbabwe (2004-2007) Continuous Adaptive

# Adaptive grazing increases environmental wellbeing and possibly human wellbeing



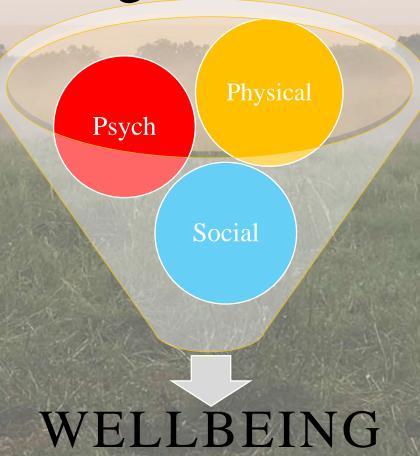
#### WELLBEING

???

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Human wellbeing is the balance between social, physical, and psychological factors



One Health is the idea that the health of people is connected to the health of animals and our shared environment.

When we protect **one**, we help protect **all**.





To ensure this system is resilient in the face of shocks and stressors, we need to ensure the wellbeing of all factors

Social Wellbeing

Ecological Wellbeing

Resilience