

## Well-Being Stations

At this year's Annual Conference, we want you to have the opportunity to take some time and pursue some things that you might not otherwise give yourself the time to do during a professional conference. Studies suggest that simply experiencing beauty—in a single flower; in viewing a painting, in listening to music, or in seeing another's smile—may increase feelings of connectedness, compassion, and even critical thinking skills. Take this time to explore the following options – we hope you will be inspired to bring some of these 'stations' back to your site for staff or visitor enjoyment.

### Nature Trails

#### Location: Woodland Trail

More than a century ago, John Muir wrote “Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.” Visit Boscobel's Frances Stevens Reese Woodland Trail of Discovery to do just that. Named for the tireless Hudson River Valley conservationist Frances Reese (1917-2003), the 1.25-mile Woodland Trail winds through 29 acres with a waterfall, scenic vistas, and rustic structures for a shady respite.

### Auriculotherapy | Ear seeds with Lauren Barrett, L.Ac

#### Location: East Terrace, Boscobel Historic House Museum

Lauren Barrett, L.Ac (she/her) will offer auriculotherapy with ear seed application for stress reduction and ease. Ear seeds are acupressure beads that apply gentle pressure to acupuncture points of the ear to promote a healing response. Auriculotherapy, a practice of Acupuncture and East Asian medicine, uses the ear as a map of the entire body, supporting a range of common health concerns including anxiety, insomnia, nervous system regulation, depression, detoxification, addiction, and pain.

### Labryinth Walking

#### Location: Belvedere

Labyrinth walking is an ancient practice used by many different faiths for spiritual centering, contemplation, and prayer. A labyrinth is not a maze – there is no puzzle to figure out or dead ends. Walk slowly and follow the single path to the center, while quieting your mind.

### Self-Paced Historic House Tours

#### Location: Boscobel Historic House Museum

Built between 1804 and 1808, Boscobel was originally the dream house of Loyalists Elizabeth and States Dyckman. By the 1950s, after falling into disrepair, it was sold to a wrecker for just \$35 and demolished. With generous support from Reader's Digest co-founder Lila Acheson Wallace, preservationists saved as many architectural fragments as possible and reassembled them fifteen miles north in Garrison, New York. The Neoclassical mansion was

restored back to—and even beyond—its original grandeur. Boscobel's interiors bring to life New Yorkers' ambitions to forge their own identities through beautiful things, to reconcile families and communities after the American Revolution and slavery, and to fulfill the promise of their young nation and its natural glories. These stories reveal themselves in Boscobel's celebrated collection of New York furniture, including rare examples by America's most celebrated cabinetmaker, Duncan Phyfe. Expert guides will be standing by to answer questions during this self-paced tour.

### **Mindfulness Session with Dan Yaeger**

**Location: House Gallery, Boscobel Historic House Museum**

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. It combines meditation with the practice of mindfulness, which can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment.

### **Reading Corner**

**Location: Pick up books in the Formal Gardens; read wherever you'd like!**

When we read our brain is alive; producing our own mental images as we make our way through the stories. Grab one of the many books we have available and take time to appreciate the gifts of your imagination! The books are yours to take home with you – they have been generously donated to our Annual Conference by the Buy Nothing Community.

### **Journaling**

**Location: Pick up Journals, Pencils and Prompts at the Registration Table; write wherever you'd like!**

A moment of calm – just you and a blank page. Research shows that regularly writing down what's on your mind can help you release emotions and make sense of what's going on in your life. Use one of our available journaling prompts or your own to begin the process of reflecting on what's weighing on your heart and mind.

### **Breathing Techniques with Dani Locastro, Heartful Yoga**

**Location: West Meadow**

Dani will teach you 2 mindfulness routines with gentle movement and simple breathing techniques that can be done anywhere - one series will be energizing and the other will be releasing ... perfect to use to balance out your work day, morning routines, and night time wind downs

## **“Play” Station**

### **Location: West Meadow Veranda**

As adults, we often forget to take time to just ‘play’ - but having fun is a key part of mental well-being. At this station, we encourage you to relax and do just that. We’ll have table and card games available as well as foosball, bocce, and cornhole.

## **Chair Yoga**

### **Location: West Meadow Pavilion**

Chair yoga is a general term for practices that modify yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand, lack the mobility to move easily from standing to seated to supine positions, or want a quick break from office work. The best part is that chair yoga brings all the benefits of yoga - yoga can help manage stress, symptoms of depression, relieve anxiety, boost your mood, and improve your sleep!

## **Sensory Experience with the Philipstown Garden Club**

### **Location: Herb Garden/Orangery**

Philipstown Garden Club has cared for the Herb Garden at Boscobel House and Gardens for 51 growing seasons, that is, since 1972. In 2019, following considerable research, a PGC team began revising the plantings at the garden so that they would be historically appropriate to an American garden of 1820. This station will share information about the Colonial uses of the plants for culinary, medicinal, and household purposes, as well as to attract bees, and for sheer delight.

## **Herbology with Terra Flora Botanicals**

### **Location: Herb Garden/Orangery**

At this station, Philipstown Garden Club Trisha Mulligan, creator of Terra Flora Botanicals, will explain how herbalists use their skills to extract from plant leaves and flowers the oils and scents which have healing properties.

## **Therapy Dogs**

### **Location: Carriage House Veranda**

Research has shown that the presence of a therapy animal can help a person control daily anxiety, regulate emotional arousals, and lower blood pressure. Even short-term, unstructured interactions can yield mood improvements. Interested in how to use therapy animals at your site? Just want to spend some quality time with a canine? In the morning session, registered therapy dog Otto the Leonberger will be on hand to provide emotional support and owner/handler Veronica will answer any questions you might have. In the afternoon session, we’ll be joined by a volunteer and their registered therapy dog from the Good Dog Foundation.

## **Art-Making Activities**

**Location: Carriage House/Visitor Center**

The act of creating art has been proven to be beneficial to our overall health and productivity. Art making is for everyone – you don't need to be XXX to benefit from letting your creative side take over. Visit this station to engage in a variety of art making activities – including continuous line drawing, collage, coloring, photography, and knitting.

## **Choir Singing**

**Location: Carriage House/Lila Wallace Room (AM only)**

Did you know that singing lowers cortisol and relieves stress and tension? Studies have shown that when people sing, endorphins and oxytocin are released by the brain which in turn lowers stress and anxiety levels. Singing in a choir also promotes social bonding, which contributes to an overall sense of belonging and joy. Set aside your fears of hitting the right note and raise your voice!

## **Terrarium Making (PM only)**

**Location: Carriage House/Lila Wallace Room**

From lowering our stress levels to soothing anxiety, studies show that plants have the power to impact our mental health in a positive way. Join a self-proclaimed plant-barista to create your own mini terrarium. All materials including plants will be provided. This workshop can accommodate 8 participants. Sign up at the Registration Table to reserve your spot.