

Congress Organizer

The organizer of the Congress "**Cared for in Stress – Nature as a Source of Mental Health**", taking place on **September 3rd to 5th, 2026, in Poland** is:

Stress Psychology Institute Foundation

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Foundation website: www.redukujemystres.pl

The "Cared for in Stress – Nature as a Source of Mental Health" Congress is a three-day interdisciplinary event bringing together psychologists, physicians, researchers, therapists, educators, and practitioners interested in the role of nature in promoting mental health and well-being. The programme combines scientific lectures, expert discussions, experiential workshops, and outdoor activities inspired by evidence-based nature therapies.

Special Guest: Professor Qing Li (Japan), internationally recognized pioneer of Forest Medicine and one of the world's leading researchers on Shinrin-yoku (forest bathing).

Congress Programme 3–5 September

Scientific Session

Thursday, 3 September

„Warsawskie Zacisze” Conference Centre

Foundation for Children's Hospice, Agatowa 1, Warsaw

Session 1 | 9:00–11:00

9:00–9:15

Opening Ceremony

Agnieszka Czubak & Sebastian Zboiński

President and Vice President of the Stress Psychology Institute Foundation

9:15–9:45

Rafał Górski – President of the Board, Institute of Civic Affairs

Talk: *The Warrior's Practice*

9:45–10:15

Marta Masłowska – Reflexologist, Naturopath, Paramedic

Talk: *Touch Calm – Reflexology as a Path to Self-Regulation*

10:15–10:45

Paulina Nowicka – Neurologopedic Therapist

Talk: *The Body Remembers. Scent Leads the Way. Aromatherapy in Restoring Well-being*

10:45–11:00 – Coffee Break

Session 2 | 11:00–13:30

11:00–11:30

Agnieszka Czubak & Sebastian Zboński - President and Vice President of the Stress Psychology Institute Foundation

Talk: *Practical Everyday Connection with Nature*

11:30–13:00

Qing Li – Clinical Professor at the Nippon Medical School Hospital in Tokyo, Japan; President of the Japanese Society of Forest Medicine and president of International Society of Nature and Forest Medicine

Talk: *From a Feeling to a Science – Effects of Forest Bathing (Shinrin-yoku) / Forest Therapy on Human Health*

13:00–13:30

Dagmara Gmitrzak – Holistic Therapist and Author

Talk: *We Are All Connected*

13:30–14:15 – Lunch Break

Session 3 | 14:15–16:15

14:15–14:45

Kacper Papiernik – Sports Psychologist

Talk: *Meaning, Routine and Inner Peace – What Ikigai Teaches Us About Mental Health*

14:45–15:15

Elżbieta Lemańska-Błażowska – Co-founder, Parents for Climate Foundation

Talk: *Can Living on Borrowed Time, in a Borrowed World, Be Free from Stress?*

15:15–15:45

Małgorzata Cynker – Psychotherapist, Psychologist, Psycho-oncologist

Talk: *In Dialogue – Co-creating a Therapeutic Community*

15:45–16:15

Patrycja Pruchnik (Nitya) – Author, Satsang Teacher, Sociologist

Talk: *The Natural State*

16:15–16:30 – Coffee Break

Panel Discussion | 16:30–17:15

The Role of Nature in the Contemporary World

Panelists:

- Małgorzata Cynker
- Dagmara Gmitrzak
- Kacper Papiernik
- Rafał Górski
- Elżbieta Lemańska-Błażowska
- Patrycja Pruchnik

Moderated by Agnieszka Czubak and Sebastian Zboiński.

Workshops & Experiences

Friday, 4 September

Cisza Educational and Therapeutic Center; Wola Trębska Parcel 3

13:45–14:00

Opening Remarks

Agnieszka Czubak & Sebastian Zboiński

14:00–15:30

- **Karina Drożdzyk** – *Movement, Relationships and Joy: Nordic Walking (Forest)*
- **Joanna Rowicka-Luczak** – *Relaxing Sound Journey – Among the Clouds of Sound*

15:30–16:30

- **Anna Krasucka** – Health Mentor
The Five Flavours – Nutrition Academy for Health

- **Dagmara Gmitrzak**
Holistic Nervous System Regulation and Returning to Yourself

16:30–17:30

- **Agata Drozd-Szydlik**
The Quiet Whispers of the Body – What Your Body Is Trying to Tell You

17:30–18:30

- **Yugma Suryah Duo** (Lucjan Wesołowski & Renata Sobczak)
Concert featuring music inspired by Eastern traditions and mantras

18:30–19:30

Outdoor activities:

- Stargazing
- Listening to the sounds of nature
- Conversations over tea

19:30–21:00

- Travelling Cinema – *The Seed of Consciousness*

Saturday, 5 September

Cisza Educational and Therapeutic Center; Wola Trębska Parcel 3

9:00–10:30

- **Kamila Sierocka (Kama)** – Yoga
- **Anna Nadolna** – *Returning to Nature – Returning to Yourself*

10:30–12:00

- **Mila Ochocka** – *Women's and Men's Circle with the Element of Earth*
- **Karina Drożdzyk** – *Release Tension Through the Face – Face Yoga and Conscious Touch*
- **Kasia Solecka** – *Plant Essences as Natural Support on the Path to Emotional Balance*

12:15–13:45

Profesor Qing Li - Guided Forest Walk - *Enjoy Forest Bathing (Shinrin-yoku) with All Your Senses* (Forest)

14:00–15:00 – Lunch Break

15:00–16:00

- **Agnieszka Czubak & Sebastian Zboński** – „Closeness” – *A Workshop for Couples and Singles*
- **Kamila Sierocka (Kama)** – Concert: *Listen to Your Heart*

16:00–17:30

- **Lucjan Wesolowski** – *Workshop on Communication with Yourself and the Outside World*
- **Renata Sobczak** – *Forest of the Senses – Feel. Touch. Create. An Intensive Journey Back to Your Roots*

18:00–19:00

- **Paprosound** – Concert

20:00–21:00

- **Surtarang** – Concert

Conference language: Polish and English (selected lectures will be delivered in English. Translation will be provided where indicated.)

About the Project

The Congress is organized as part of the project "**Cared for in Stress – Nature as a Source of Mental Health**", financed by the **National Freedom Institute – Centre for Civil Society Development** under the **NOWEFIO Programme (2024 Edition)**.

The project is implemented by the **Stress Psychology Institute Foundation**.

Partners of the three-year project include, among others:

- *Charaktery* Magazine
- *Psychologia w Praktyce* (Psychology in Practice) Portal
- University of Łódź – Faculty of Philology
- Wołomin County
- Academic Support Centre of the University of Łódź
- City Hall of Rawa Mazowiecka
- In Dialogue Foundation of the Łódź Gestalt School
- Municipal Social Welfare Centre in Łódź
- Ferso Foundation
- Municipal and Park Centre for Culture and Ecology in Plichtów

- Municipal Cultural Zone in Łódź
- The Seed of Consciousness Foundation
- Parents for Climate Foundation – Parents for Future Poland
- Ku Zdrowiu Foundation
- and many other partners.

Media Partner: HR Business Partner.