25 Mindfulness Activities for Adults

1. Read a mindfulness book
2. Practice movement meditation
3. Get a monthly mindfulness subscription box
4. Try mindful cooking
5. Start a mindfulness journal
6. Make a gratitude list
7. Dream bigger with manifestation
8. Practice abundant thinking
9. Do a meditation retreat
25 Mindfulness Activities for Adults

10. Listen to music mindfully
11. Practice being more playful
12. Try mantra meditation
13. Get in touch with your emotions
14. Learn a new language
15. Try meditating in a noisy place
16. Try meditating with your eyes open
17. Wash your hands mindfully
18. Try the STOP method
25 Mindfulness Activities for Adults

19. Turn dull moments into mindfulness exercises
20. Practice self-compassion
21. Hug someone
22. Do the raisin mindfulness meditation
23. Stop reading the news
24. Try negative visualization
25. Recognize what's within your circle of control