

# 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**

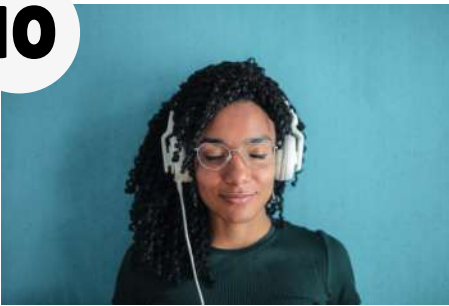
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# 25 Mindfulness Activities for Adults

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**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**

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# 25 Mindfulness Activities for Adults

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**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**

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