



Mindfulness: 17 Simple Ways to Ease Stress

Simple ways to practice mindfulness — a kind of relaxation you need for good health.

1. Meditate
2. Get A Massage
3. Garden
4. Do Yoga
5. Hike In The Woods
6. Sit By A Fire
7. Eat Lunch Outside
8. Take A Pottery Class
9. Color
10. Walk The Dog
11. Knit Or Crochet
12. Savor A Cup Of Tea
13. Paint
14. Journal
15. Watch a Sunrise Or Sunset
16. Float in a Swimming Pool
17. _____
(Your Own Passion Here)