**Mind & Body Activities**

Your mind and body are connected. These activities reduce stress and ground you into the present moment.

1. Yoga

2. Tai Chi

3. Pilates

4. Relaxation Breathing

5. Progressive Muscle Relaxation/Body Scan

6. Massage

7. Reiki

8. Qi Gong

9. Mindful Walking

10. Swimming

11. Paddle Board

12. Gardening

13. Cycling

14. Fishing

15. Tennis

16. Running

17. Acupuncture

18. Visualization/Guided Imagery

19. Walking Labyrinth

20. HeartMath

21. Coloring

22. Art Therapy

23. Mindfulness

24. Prayer

25. Emotional Freedom Tapping

26. Singing

27. Floating

28. Dancing

29. Rocking/Swaying

30. Hula Hoop

31. Knitting, Crochet, Quilting