

50 Mindful Movements

1. Yoga with mindful movement – Slow, deliberate movements combined with deep breathing to calm the nervous system.
 2. Progressive muscle relaxation – Tense and release muscle groups while focusing on sensations.
 3. Nature immersion – Spend time outdoors, connecting with the natural world.
 4. Forest bathing (Shinrin-yoku) – Walk quietly in nature, soaking in the sights and sounds.
 5. Visualisation exercises – Imagine peaceful or joyful scenarios to stimulate the parasympathetic nervous system.
 6. Body scanning – Focus on each part of the body, noticing tension or discomfort.
 7. Dance to music – Move freely to music, focusing on the sensation of movement.
 8. Qi Gong exercises – Gentle movements to improve energy flow and calm the mind.
 9. Tai Chi – Slow, flowing movements combined with focused breathing.
 10. Pranayama (breathing techniques) – Practice various forms of breathing to calm the mind and body.
 11. Aromatherapy – Use essential oils like lavender or sandalwood to calm the nervous system.
 12. Scent-focused meditation – Focus on the smells around you to shift your mood and awareness.
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- 13.** Pet therapy – Spend time with animals, noticing the calming effects of touch.
- 14.** Mindful eating – Eat slowly, savoring each bite and focusing on the flavours.
- 15.** Progressive stretching – Gently stretch each muscle group, paying attention to sensations.
- 16.** Water therapy (e.g., swimming or hydrotherapy) – Use the soothing properties of water to relax.
- 17.** Soothing self-massage – Gently massage your hands, feet, or neck to release tension.
- 18.** Walking barefoot (earthing) – Walk barefoot on grass or sand to reconnect with the earth.
- 19.** Gentle body rocking – Rock your body back and forth to induce calm.
- 20.** Focusing on the present moment – Be fully present in whatever you're doing, such as washing dishes or walking.
- 21.** Mindful breathing with affirmations – Pair deep breathing with positive affirmations or mantras.
- 22.** Playing with clay or playdough – Engage in tactile play to ground yourself.
- 23.** Core activation drills – Gentle exercises like pelvic tilts or dead bugs to strengthen the core.
- 24.** Resistance band exercises – Use resistance bands for exercises like lateral leg raises or bicep curls.
- 25.** Walking meditation – Slowly walk while focusing on each step and the sensations in your feet.
- 26.** Singing or chanting – Use your voice in a grounding, expressive way.
- 27.** Breathwork with movement – Integrate deep breathing with movements like arm raises or body twists.

- 28.** Therapeutic drumming – Engage in rhythm-based activities to release tension.
- 29.** Crafting (knitting, sewing, quilting) – Use textile-based crafts to centre the mind and express creativity.
- 30.** Macrame creation – Knot fibres to create intricate designs with tactile focus.
- 31.** Felting – Use soft, repetitive motions to create tactile objects from wool.
- 32.** Walking or light jogging intervals – Alternate between walking and light jogging to improve cardiovascular health.
- 33.** Cat-Cow stretches – A yoga-inspired movement to mobilise the spine and encourage deep breathing.
- 34.** Standing or seated stretches – Focus on dynamic stretches for the upper and lower body, incorporating deep, slow breaths.
- 35.** Foam rolling or self-massage – Use a foam roller or massage techniques to release muscle tension.
- 36.** Tai Chi-inspired movements – Slow, controlled, flowing movements to improve balance and coordination.
- 37.** Bodyweight squats – Perform slow and controlled squats, focusing on form and breath.
- 38.** Core strengthening exercises – Engage in exercises like planks or bridges to strengthen the core muscles.
- 39.** Gentle mobility exercises – Slow movements to improve joint range of motion (eg; hip circles, shoulder rolls).
- 40.** Walking labyrinths – Walk through a labyrinth, focusing on the process and the movement of your body.
- 41.** Standing balance exercises – Practice balance by standing on one leg or using balance boards.
- 42.** 4-6-3 nasal breathing – Engage in controlled nasal breathing with a 4-count inhale, 6-count exhale, and 3-count hold.

- 43.** Walking or hiking – Spend time walking or hiking in nature to improve cardiovascular health and clear the mind.
- 44.** Resistance training (light weights) – Perform light weight exercises focusing on full body strength, paying attention to form and breath.
- 45.** Interval training – Incorporate periods of higher intensity movement followed by recovery periods (eg, walking and jogging).
- 46.** Walking in nature – Take a brisk walk through nature, focusing on breathing and movement.
- 47.** Jumping jacks – Perform slow and controlled jumping jacks to increase blood flow and release endorphins.
- 48.** Standing hip openers – Gently open and stretch the hips while focusing on the breath.
- 49.** Knee-to-chest stretch – Lying on your back, pull one knee to your chest and hold, breathing deeply to release tension.
- 50.** Mindful stretching after exercise – Perform static stretches after physical activity, focusing on breathing and relaxing the muscles.

Five activities I would like to try...
