

Mindfulness and Knitting for Anxiety Reduction

Global Industry Market Outlook for Mindfulness and Knitting for Anxiety Reduction (2026 to 2031)

Source: World Economic Forum, McKinsey Global Institute, OECD, Statista (2026)

```
{  
  "title": "Global Industry Market Outlook for Mindfulness and Knitting for Anxiety Reduction (2026 to 2031)",  
  "subtitle": "Source: World Economic Forum, McKinsey Global Institute, OECD, Statista (2026)",  
  "yAxisLabel": "Projected global market value (USD bn)",  
  "categories": ["2026", "2027", "2028", "2029", "2030", "2031"],  
  "series": [ { "name": "Global market value", "data": [1.2, 1.8, 2.5, 3.2, 4.1, 5.0] } ]  
}
```