
Mindfulness and Knitting for Anxiety Reduction

Top Global Roles Unlocked by Mindfulness and Knitting for Anxiety Reduction

Share of global live vacancies — Source: LinkedIn Economic Graph, Glassdoor (Global), Indeed Hiring Lab (2026)

Mental Health Specialist: 25

Wellness Coach: 20

Anxiety Reduction Therapist: 18

Mindfulness Instructor: 17

Holistic Health Practitioner: 20