

Mindful Knitting for Stress Relief

Global Roles, Median Salaries and Top Hiring Markets

Source: LinkedIn Economic Graph, Glassdoor (Global), Indeed Hiring Lab (2026)

Role | Median Salary (USD) | 5-Yr Growth | Top Hiring Markets

Wellness Coach | \$80,000 | +12% | United States, European Union, Australia

Stress Management Therapist | \$90,000 | +15% | United Kingdom, Canada, Germany

Mindful Yoga Instructor | \$60,000 | +10% | India, Singapore, United Arab Emirates

Holistic Health Practitioner | \$75,000 | +14% | United States, European Union, Japan

Mental Health Specialist | \$100,000 | +18% | United States, United Kingdom, Canada