



# QUOTES V

## FROM KNITTERS

Since Stitchlinks began we have received some amazing emails and letters. We won't add any more comment on them. Just enjoy the experience of reading them. We hope they will inspire people to come and join us and get even more out of it!

This document and all subsequent documents on the same subject have been compiled directly from letters and emails that have been sent to us at Stitchlinks.

Names have of course been omitted to preserve anonymity.

They are not presented in any particular order because they are all inspirational.

Very significantly, we receive them from people across ALL age ranges. In fact, the mid-point of ages of our correspondents seems to be about 35 years of age.

We strongly urge you just to dip in at random.

You are not alone.

May 2007

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I have got a lot of benefit from knitting and cross stitch with regard to pain control, and sometimes sit up for hours knitting when the pain is too bad to sleep. I think doctors should give out needles & instructions for chronic pain sufferers!

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I have recently begun knitting and have completed several projects and have had a wonderful change in my mental attitude since finding the benefits of this craft.

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I find when I am sitting knitting I do not feel lazy, as I would if I just sat resting, but useful and productive. This has seriously helped me both mentally and physically. I have suffered depression over the last 3-4 years but find the boost I get from feeling "useful" really helps to lift my mood and the satisfaction of finishing a garment and the buzz of the next project really keep me going.

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The fact that I could follow a pattern and be able to concentrate for long periods has done wonders for my self esteem as has admiring the finished article.

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I found that knitting helped calm my thoughts and while I was knitting and putting stitches in order it was easier to put my own mind in order.

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Even knitting in public has helped, as people notice what you're doing and are interested, bringing around social interaction.

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I remember taking my knitting with me when I went for my weekly appointment with the psychiatrist as I needed something to keep myself busy, and to take my mind off where I was. The mental health centre was in a really old building and I really hated going there. Knitting helped me through this rough patch and although I don't remember what I made during those years, I know that without the repetitive action of knitting I would have been driven to more extreme compulsive behaviours.

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Knitting has given me hope and a true belief in me, even though others have always believed me to be capable of doing anything I wanted, I have always doubted that, and the "stitching" has somehow encouraged me otherwise.

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Knitting has been my life saver, I think because I can wear stuff that I have made. It fills my world with colour and pleasure and sound. My children and husband think my creations are wonderful and many friends and family have accessories that I have designed and created. I don't feel afraid anymore about feeling down or unwell I know that my knitting will keep me connected with those that love me and that I love back in return.

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My knitting was (and is) always with me. Keeping me company. Protecting me in the vulnerable times and giving people an easy way of taking contact/communicating with me. As an adult I unfortunately have been diagnosed with a stress related depression, and use my knitting as a place/ a hobby all mine, and just for me. A place I can be meditative and just feel the structure of the yarn and the almost hypnotic click-clack of the needles. It helps me heal....

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Knitting made me see that i could do something on my own

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I do believe that without doing my knitting I would not be returning to work next month and would still be on medication of which I stopped taking about 6 weeks ago.

Knitting has been very helpful, my hands were so sore from arthritis that I couldn't hold needles for long, but now I can and my hands are more supple. I have battled with clinical depression all my adult life, and it's helped with that, the panic attacks etc, because concentrating on a pattern takes your mind of the horrendous thoughts going around your head. It's also great to complete something and have folk compliment you on it, makes you feel you can do something after all, you're not completely useless. After a while your confidence starts to grow again.

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It gave me a HUGE boost of confidence and I found that some of my muscle pain decreased when I was knitting and having something constructive to do diminished the frustration and stress of the limitations of C.F.S./M.E.

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Having something to do with my hands that is calming helps me deal with a lot of issues from my past stemming from my social anxiety disorder.

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I sometimes have a lot of stress in my life, and I don't always handle it very well. I am impatient and quick to anger, and though I try to manage this with other strategies (visualizing calming things, thinking calming thoughts, thinking of something funny), knitting is the only thing that calms me completely. Everything else is a temporary remedy until I can knit. I often have knitting with me, something small to work on while waiting in lines, or to take with me on my lunch hour.

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When I sit down to knit, especially during lunch hours, I have to do an internal switching of gears in order to focus solely on knitting. It is refreshing to concentrate totally on just one thing, especially something that is creative. Knowing that this total focus leads to productivity helps me bring that level of concentration to other things.

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I learned to knit 2.5 years ago after I had been diagnosed with clinical depression and anxiety. Medication did help me to reign in my runaway thoughts, but it wasn't until I started knitting or crocheting everyday, that I really felt at peace.

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Knitting helps me to slow down my thoughts so I can process them. It helps me to shed the stress of the day. It gives me a rhythm to breathe and think and feel. Prior to knitting, I was losing myself in books for upwards of 4 hours a day. With knitting, I may read an hour or two, but I am not escaping my life. I may knit 15 minutes or 2 hours, but I am still able to be present in my life. Knitting is great.

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Knitting in particular has always been a source of meditation for me and in times of stress, pain and anxiety it has helped me to focus my attention away from anything that might be stressing me out.

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The art of making something with my own hands has given me a lot of comfort. Knitting helps me cope with anxiety too, it's hard to dwell on things that may or may not happen when I'm focused on a knitting pattern.

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Knitting is something I can do anywhere with very little tools. I take my knitting on the train and other situations where I am prone to be more anxious.

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Knitting helps me maintain the mobility in my hands, it is painful and difficult to get moving in the morning, and without the motivation of knitting for my grandchildren, I think my fingers would long ago have seized up.

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My carpal tunnel was operated on and I think that the returning to crochet and knitting after the op greatly aided the recovery of my manual dexterity.

I find the back pain easier to cope with as when I am concentrating on my knitting or crochet I can stop letting the pain take over my every waking thought.

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I now knit to relieve work stress and create clothes that I feel proud wearing. I don't feel that empty bored feeling any more, I also don't snack at night any more and that helped me loose a few pounds! I get a buzz from just reading a knitting magazine or feeling different textures in the shop... I'm also apart of a knitting group, who although i don't see often make me feel as though there are people out there as passionate (if not more so) about it than me, makes me feel part of a community

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