

25 ways knitting and stitching can help conquer addiction

- ✓ Occupy the mind and the hands
- ✓ Provide a productive way of filling the time previously taken up by the addiction
- ✓ Provide an alternative social activity away from the addictive behaviour
- ✓ Enable you to make firm, supportive friendships to minimise risk of failure
- ✓ Raise self esteem – the end product is admired by many
- ✓ Provide an alternative structure and purpose to each day
- ✓ Can be done with family members to rebuild damaged relationships
- ✓ Encourage calm behaviour when cravings kick in, helping with anxiety and panic
- ✓ Encourage positive thought cycles and improve mood
- ✓ Provide an alternative reward to replace the addiction
- ✓ Enable you to regain feelings of control over life
- ✓ Facilitate mindful meditation
- ✓ Facilitate relaxation
- ✓ Distract from unpleasant thoughts, including those of suicide
- ✓ Lessen feelings of loneliness/isolation
- ✓ Give an alternative sense of belonging to replace that of belonging to addictive group
- ✓ Teach forgotten skills such as planning and goal setting
- ✓ Teach forgotten emotions such as excitement, anticipation, fun and enjoyment
- ✓ Give a sense of achievement and success, improved confidence
- ✓ Help with insomnia, anger or frustration
- ✓ Provide an escape into the sanctuary of a quiet mind giving the mind a rest
- ✓ Bring you back into contact with the world
- ✓ Make you feel worthwhile in society
- ✓ Take them anywhere – portability means you have help any time cravings strike
- ✓ Give a reason to live and be healthy. Encourage you to look forward to tomorrow