

25 ways knitting and stitching can help depression

- ✓ Help you to switch from backward negative thoughts to more positive forward thoughts
- ✓ Facilitate mindful meditation
- ✓ Facilitate relaxation
- ✓ Distract from unpleasant thoughts, including those of suicide
- ✓ Introduce enjoyment and fun into life
- ✓ Improve feelings of loneliness/isolation
- ✓ Give a sense of belonging – you become part of a knitting and stitching community
- ✓ Stimulate – colour has a dramatic effect in the grey world of depression
- ✓ Sensitise – texture helps to sensitise you to the world
- ✓ Teach forgotten skills such as planning and goal setting
- ✓ Teach forgotten emotions such as excitement and anticipation
- ✓ Raise self esteem – the end product is praised and enjoyed by others
- ✓ Provide structure, purpose and a vital element of control in life
- ✓ Give a sense of achievement
- ✓ Help with insomnia and the anger and frustration that can result
- ✓ Provide an escape into the sanctuary of a quiet mind giving the mind a rest
- ✓ Calm – helping with anxiety and panic
- ✓ Broaden and open your world, bringing you back into the world
- ✓ Improve mood
- ✓ Make you feel worthwhile in society
- ✓ Improve confidence – you'll find something you can do well. Social confidence improves too
- ✓ May break ruminating cycles
- ✓ Enable you to make friends – it's easier when you have something in common
- ✓ Take them anywhere – their portability gives you an effective tool any time, anywhere
- ✓ Encourage you to start looking forward to tomorrow