

25 ways knitting and stitching can help **pain**

- ✓ Facilitate mindful meditation
- ✓ Facilitate relaxation
- ✓ Distract – distraction is one of the most effective analgesics we know of
- ✓ Encourage positive thought cycles helping to break negativity
- ✓ Take pain away from the forefront of your mind
- ✓ Take the focus away from YOU and your pain
- ✓ Motivate you to try other things
- ✓ Improve mood and feelings of depression often associated with pain
- ✓ Improve feelings of loneliness/isolation, giving a sense of belonging
- ✓ Help to manage the stress and worry associated with pain
- ✓ Teach patience and perseverance – help to learn pacing and deal with its frustrations
- ✓ Lessen the frustrations of enforced rest periods – enables productivity at rest
- ✓ Help deal with flare ups
- ✓ Raise self esteem and confidence so you feel better equipped to manage your pain
- ✓ Improve feelings of self worth in society, usefulness and contribution
- ✓ Provide structure and purpose to a day
- ✓ Improve feelings of control for those who feel controlled by their pain, doctors, drugs
- ✓ May break cycles of hyper vigilance to pain
- ✓ Enable you to experience excitement, anticipation and achievement again
- ✓ Help deal with the anticipation of pain by distracting your thoughts away
- ✓ Involve you in the world again – opening up your world
- ✓ Take them anywhere – their portability means you can deal with pain any time, anywhere
- ✓ Calm – dealing with the ‘Why me’ anger that many feel. Lessening tension
- ✓ Introduce enjoyment and fun into life, so life becomes more than pain and chores
- ✓ Encourage you to look forward to tomorrow