

QUOTES II

SPECIFICALLY FROM KNITTERS

When some articles about Stitchlinks appeared in the Knitting media in late 2005, we received these quotes within a month – totally out of the blue.

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.

January 2006

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“I'm just coming to terms with having a mental breakdown resulting from stress. Even writing that down to you is a huge step forward.”

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“I find knitting relaxing and use it to help with panic and to busy my mind to stop circling downwards into depressive thoughts.”

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“Knitting is so calming because of the repetitive sounds and movements.”

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“When I'm knitting I can get to the end of the day and feel I've achieved something.”

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“Crocheting and knitting take away that 'useless' 'in-valid' feeling you get when you are chronically ill. I can be useful again: producing 'cool' crocheted items for my grandchildren!”

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“I love poetry and rhythm and I feel that the rhythm of crochet and knitting are very soothing.”

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“Knitting has given me some confidence back.”

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“Taking up knitting has stopped me sinking into the abyss.”

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“Anytime that I go into deep depression I pick up my knitting needles, I find that to sit quietly and knit is very therapeutic and it takes away all my bad memories.”

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“When I get very depressed knitting is the only thing that calms me down.”

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“I always carry my knitting around with me wherever I go, then I just take it out when I need to and just knit.”

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“People always get around to asking me what I am knitting and sometimes praise me for what I have knitted. This makes me feel special and I am calm again.”

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“I manage ME through knitting.”

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“When I am able to knit I feel happier.”

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“I find knitting is calming and gives me something to concentrate on.”

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“Knitting really helps me to 'switch off' and relax as well as reduces the pain and dysfunction in my hands.”

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