

## 25 ways knitting and stitching can help stress

- ✓ Slow down thought processes enabling you to think more clearly
- ✓ Stop cycles of stressful thoughts – useful to use before sleep
- ✓ Enhance problem solving enabling you to look at problems from all angles
- ✓ Facilitate mindful meditation – you don't worry about the past or fret about the future
- ✓ Facilitate relaxation – necessary for bringing down high levels of stress hormones
- ✓ Distract – focus your mind away from problems
- ✓ Enable you to escape into the sanctuary of a quiet mind, giving your mind a break
- ✓ Encourage positive thought cycles helping to break negativity
- ✓ Improve mood and help to manage the worry associated with stress
- ✓ Improve feelings of loneliness/isolation if you've been over working
- ✓ Teach patience and perseverance – you don't have to rush at everything
- ✓ Improve feelings of helplessness – stress is greater if you feel there's nothing you can do
- ✓ Raise self esteem and confidence so you feel better equipped to manage stress
- ✓ Enable you to experience excitement, anticipation and achievement again
- ✓ Teach planning and goal setting so you become better organised
- ✓ Involve you in the outside world – opening up an alternative avenue away from stress
- ✓ Take them anywhere – their portability means you can deal with stress any time
- ✓ Improve communication skills – build communication networks at work and outside
- ✓ Help in peak stress times before deadlines or presentations
- ✓ Introduce enjoyment and fun into life, so life becomes more than work and stress
- ✓ Enable you to make friends at work or outside through groups
- ✓ Occupy you on your commute to work, so you arrive calm and collected
- ✓ Put you back in control
- ✓ Calm – great tools for workplace stress
- ✓ Encourage you to look forward to tomorrow