



CRAFTING FOR HEALTH

CREATIVITY AND CALM ARE LEADING BENEFITS OF CROCHET AND
KNITTING. DEPRESSION RELIEF IS BY FAR THE MOST REPORTED AND
STUDIED BENEFIT OF CROCHET AND KNITTING.



NEED A REASON TO CRAFT?

In one study of more than 3,500 knitters, published in The British Journal of Occupational Therapy, 81% of respondents with depression reported feeling happy after knitting. More than half reported feeling "very happy."



WHAT ARE THE BENEFITS?

- Reduced stress.
- Helps relieve and reduce depression and anxiety.
- Projects help build self-esteem.
- Decreased risk of cognitive impairment as you age.
- Can help with insomnia.
- Relaxation reduces irritability and restlessness.
- Builds community and friendships.
- Can help with grief processing.



BUT WHY DO CROCHETING AND KNITTING HELP?

- Relaxed, repetitive motions can help calm down the body and the brain.
- Help with fine motor skills and keeping your fingers and hands feeling good as you age.
- Being among friends can help combat loneliness and isolation, which can contribute to health problems.
- Builds social skills.
- For men and women.



NEED MOTIVATION TO GET STARTED?

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