

# The benefits of knitting

Knitting and crocheting are often associated with friends and family. The craftwork in progress may be intended for a loved one or perhaps it is being created while in the company of friends, family or a social knitting group. Knitting is a fantastic hobby for individuals and the basic stitches are very easy to pick up.

The act of knitting is recommended to peoples of all genders and ages as it provides unexpected benefits for both physical and mental health – with the enjoyment and satisfaction factors on top of this.

## Here are 5 things to know about knitting:

### 1. It can help with managing stress, anxiety, and depression

Mental health issues can be difficult to manage, and many have found the act of knitting to help distract from stress or alleviate their anxieties. Sitting still and focusing on the needlework relaxes the heart rate and also lowers blood pressure.

### 2. It keeps your brain healthy

Knitting utilises almost the entire brain, engaging movement with precision and planning ahead stimulates and improves brain activity. In a study of people over 70, it was discovered those who participate in arts and crafts are almost 50% less likely to experience slow cognitive decline compared to those who don't.

### 3. It can help your motor skills

Working with your hands improves the dexterity of your fingers, and knitting is excellent for keeping the joints and cartilage healthy. The more flexible and strong your fingers get, the more you can knit. This is especially useful for treating cases of impaired joint movement, such as arthritis and tendinitis.

### 4. It is a meditative act

While continuous stitching and purling may appear boring to others, the rhythmic and repetitive process can be an excellent meditation technique. The time spent with the needles allows the knitter to relax their mind and body, and time will fly by.

### 5. It instils pride upon completion

Finishing any project gives you a great sense of satisfaction, especially when learning a new skill. Knitting yourself a colourful scarf can boost positive vibes during winter, or you will be prepared for Holidays as well as Birthdays with homemade gifts. Whether finishing a scarf or a blanket, you may find yourself planning the next one before you know it.

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