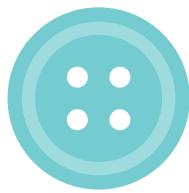


# Does crafting have benefits?



Many people have a general sense that crafting (knitting, crochet etc.) has benefits for them. But what does the research say?



## The Data

- Riley et al., 2013: A survey of 3,545 knitters worldwide. They reported knitting for stress relief, relaxation and creativity.
- Collier & Wayment, 2017: A survey of 465 college students about their "making" and DIY activities. They felt this improved their subjective well-being, increased socialising and helped them to stay present-focused.
- Smith, 2017 (thesis): Knitting may help to treat anxiety and depression in people who tend to ruminate (go over and over the same thoughts)

# How might this work?

## Social Interaction



Social isolation has a negative effect on mental health and well-being. Creative activities that involve working together in a group or taking classes might encourage social activity, which can help people to feel better.

## Using Creativity

Creative self-expression has long been used as a form of therapy – for example, art therapy. Crafting can help people with self-expression, which is good for well-being.



## Distraction

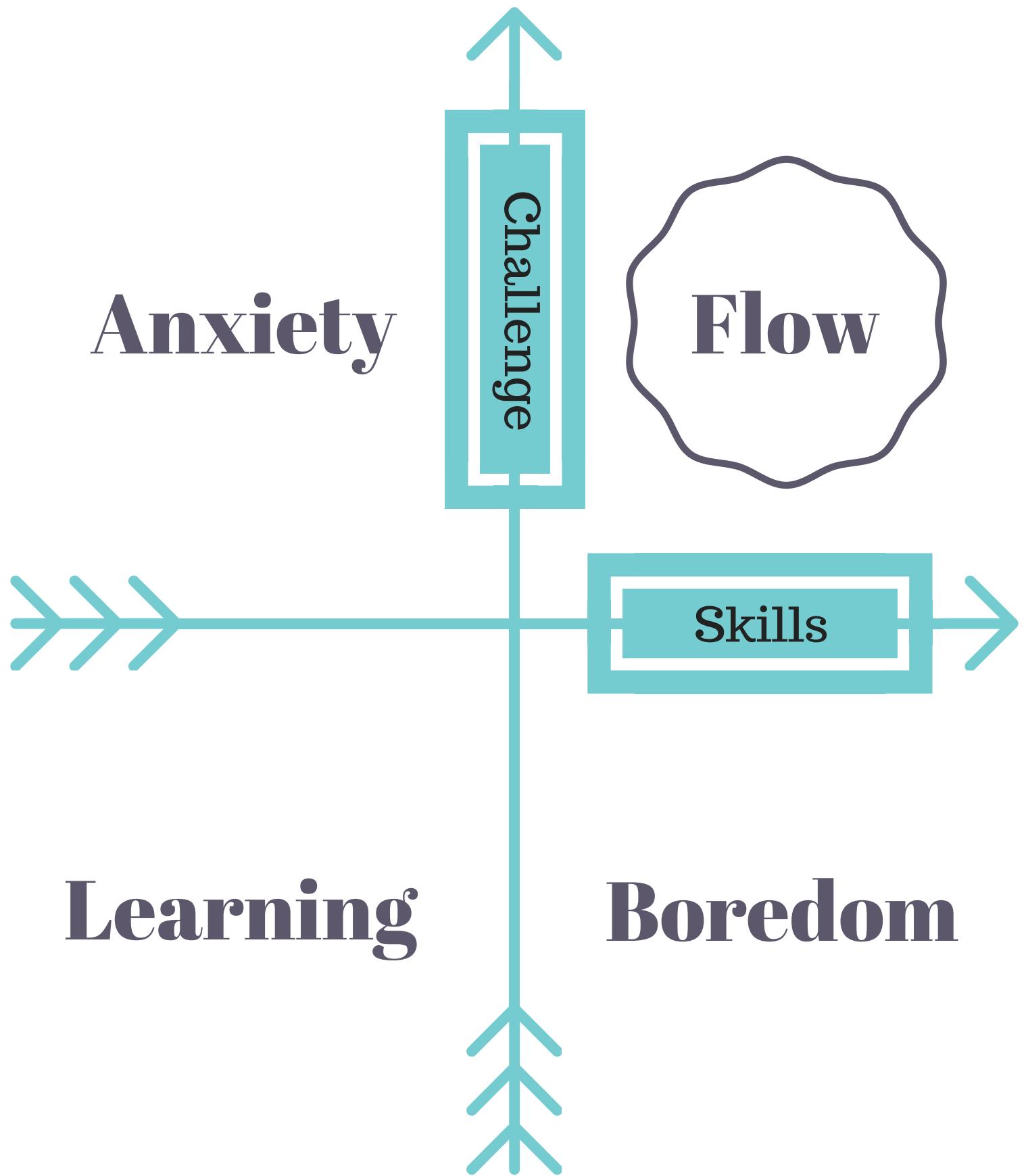


Going over and over negative thoughts is called rumination and is a key component of depression. However, using a creative activity to distract yourself from negative thoughts can decrease rumination and improve mental health.

## Staying Focussed on the Present

Focussing on the present helps you avoid agonising about the past or worrying about the future. It is a key aspect of mindfulness. Some people find crafting helps them to stay in the moment, and that this can improve their well-being.





## Ways to measure benefits of crafting

Questionnaire or survey measures

In-the-moment measures of happiness or engagement

Blood pressure

Galvanic skin response - measures emotional reaction

Measuring stress hormones via saliva

Brain activity