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Knit Yourself Calm A Creative

Choose from quick and easy projects, portable ones to knit on the go, group projects to do with friends, big projects for when you have more time, and those which introduce new skills to stimulate a creative mind. Banish the stress 'fight or flight' response with therapeutic knitting and choose a creative path to mindfulness.

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As you get into the flow of the pattern, its familiarity will enable you to settle into a soothing rhythm whenever you need to knit yourself calm. New Skills: Learning new skills on a regular basis is essential for nurturing a healthy brain, opening new neural pathways and even encouraging the growth of new brain cells right into old age.

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Knit Yourself Calm A Creative Path To Managing Stress

Knit Yourself Calm: A Creative Path to Managing Stress. There's nothing more relaxing than retreating to your favorite chair and knitting up a storm. Tapping into this, an experienced knitter and a healthcare professional team up to engineer "mindfulness" projects like a tea cosy set, unisex scarf and an evening purse, just to name a few. These patterns are divided into several categories such as "portable" and "new skills" to give you a nice variety.

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