

KNITTING FOR HEALTH & WELLNESS

Calming Down After A Busy day

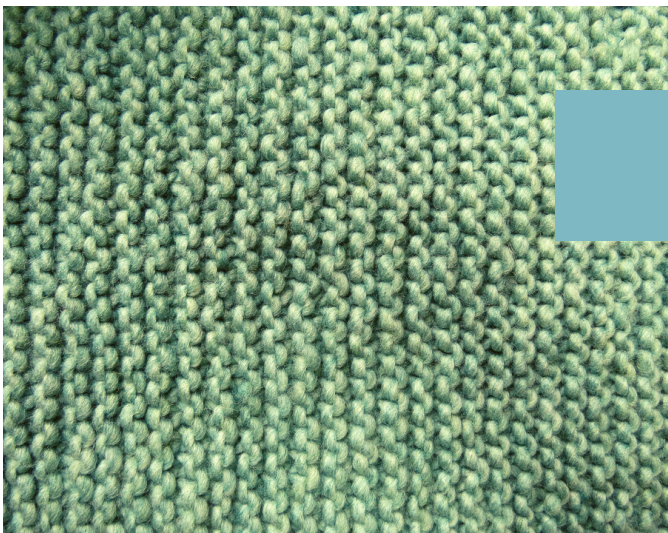


WHY KNIT?

Knitting helps slow your mind and brings your focus into the present.

AND WHAT ELSE?

The repetitive motion of knitting helps soothe your worries.



THEN WHAT?

A digital detox is a break from using tech devices such as computers, smartphones, televisions, tablets and social media sites. The aim is to focus on yourself without distractions and letting go of stress that accompanies constant connectivity, and knitting does that.



WHERE TO START

A scarf is the easiest to knit. When you knit don't worry about when you will finish it. It's for de-stress purposes. Each day plan to knit for at least 15 minutes daily and you'll feel refreshed

HOW TO START?

Cast on 40 stitches, okay, buy yarn and knitting needles incase you don't have them. Then, start knitting. No fancy patterns. Just knit on both sides. The knit stitch is easier after a busy day.



AND FINALLY

Your overwhelm will disappear. You'll be as frisky as kids again and ready to take on the next day. Keep on knitting, at least daily for 15 minutes.

When you complete your scarf or got a question, please let me know.

ann@therealdreamer.com