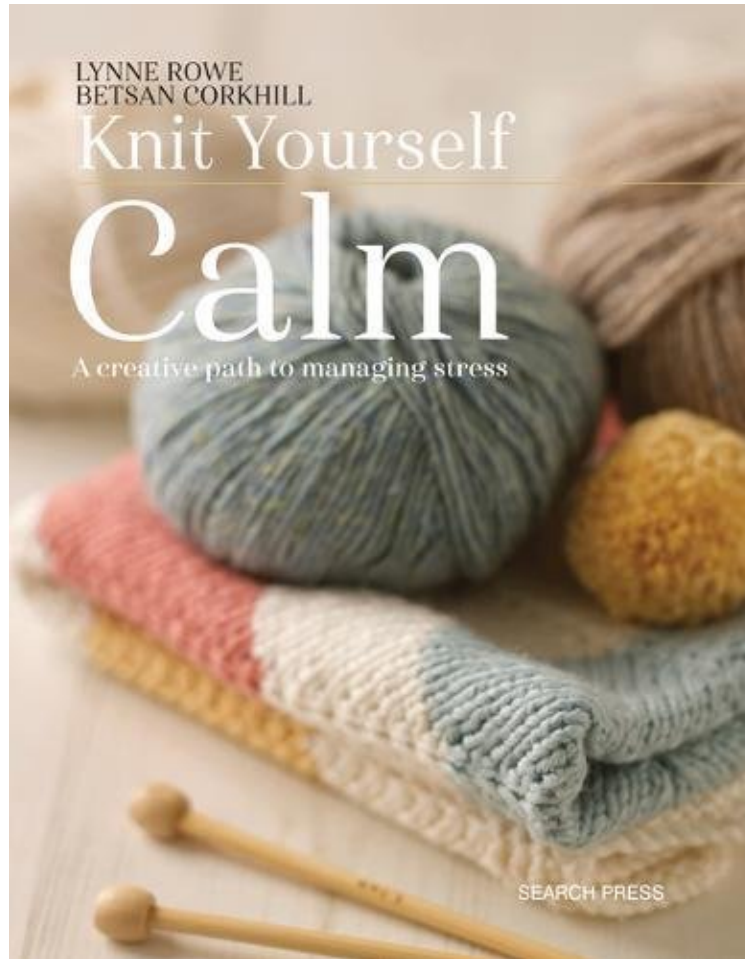


(Library ebook) Knit Yourself Calm: A creative path to managing stress

Knit Yourself Calm: A creative path to managing stress

Lynne Rowe, Betsan Corkhill

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Lynne Rowe, Betsan Corkhill : Knit Yourself Calm: A creative path to managing stress before purchasing it in order to gage whether or not it would be worth my time, and all praised Knit Yourself Calm: A creative path to managing stress:

Knitting is a relaxing and therapeutic pastime, and this winning combination focuses on mindfulness and the perfect stress-busting knitting projects. Whether you choose a portable project to knit on the go, a group project to do with friends, or one that introduces new skills to stimulate a creative mind, this book is the perfect path to keeping calm. The book is aimed at beginners as well as more advanced knitters, but does not include anything more complex than basic knit and purl stitches, increasing, decreasing and some simple colorwork. Lynne Rowe covers the essential techniques at the start of the book, followed by projects that have been specifically designed for mindfulness. The projects

themselves are split into five sections: Quick and Easy, Portable, Group, Big, and New Skills. Within these sections, you can choose to make things such as a wash cloth, a hat, a blanket, a shawl and an evening bag, amongst others. Every single one has been designed to promote calm and mindfulness and all the projects are beautifully photographed with clear and simple knitting patterns. The Introduction is written by Betsan Corkhill, an experienced healthcare professional who founded the community interest company stitchlinks.com in 2005. It has grown into a global online community for those who enjoy the therapeutic benefits of craft, and in particular, knitting. Betsan has also advised on the projects included in the book and repetitive techniques to promote a calm state. The five sections have different ways of promoting calm and the feelgood factor: Quick and Easy: the projects in this section are designed for when you when you feel like a quick fix to raise your mood. Use your favorite colors and textures to enhance the benefits of the rhythmic movements and the feelgood effects. The feeling of success you experience will motivate and inspire you. Portable: These smaller projects are even more portable, so keep one in your bag at all times. Use it to manage stress on the go, on your commute to work, in your lunch break, when traveling or at any other time when life is getting a bit much and you need to feel calm. Group: Getting together with friends to knit, chat and laugh over a cuppa is one of lifes joys. Supportive friends help us to live longer, healthier, happier lives so why not combine the calming nature of knitting with the support of being with friends? Its a powerful way to switch off your stress fight-or-flight response and switch on a bit of fun, play and laughter. Big: Its a lovely cozy feeling to sit quietly at home with your Big project on your lap, keeping you warm as you knit. Let it be your constant friend, the one you turn to to find calm and consistency when the world around you feels a bit frantic. 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. This section focuses on a range of new skills to encourage you to experiment with different stitch patterns and combinations of color and textures. They are designed specifically to stimulate your creative mind. Whatever your skill level, there are plenty of projects in this book to help you achieve calm, bust those stress levels and enjoy a pastime which is creative, fun and produces beautiful projects to wear, or for the home.

This book was borne out of a survey into the benefits of knitting undertaken in 2013 and reported in the British Journal of Occupational Therapy. It is said that knitting is relaxing and helps reduce or manage stress. I would agree with that as a lifelong knitter, apart from the times when I make a mistake and hate knitting with a vengeance. A rare occurrence as it happens. This book includes 16 projects designed by Lynne Rowe and wellbeing expert Betsan Corkhill. Simple and quick projects help you to familiarise yourself with the joys of knitting. There are group projects, portable ones and larger projects. The projects don't just go for basic garter stitch, they introduce pattern too. There are the standard hats and scarves but also washcloths, socks, a huggable teddy, blankets, bunting, shawl, bag, purse, mitts, hot water bottle cover, a teacosy and mug warmers. Please note the socks use 5 needles and the hat is knitted on circular needles - this for me is the most stressful kind of knitting. Socks can be knitted on two needles. Basic knitting instructions are given at the back of the book with step-by-step clear photos. The book takes you from basic knitting - garter, rib, two-row patterns up to chevrons, cables and intarsia. A good balance of projects and a great starter knitting book. * Yarnsandfabrics.co.uk *About the Author Betsan Corkhill is an experienced healthcare professional specialising in physiotherapy and is a passionate advocate of the 'whole-person' approach to health. She supports people in improving their wellbeing, whether they are fit and well or learning to live with a long-term medical condition. Her background as a physiotherapist enables her to combine wellbeing coaching with her medical knowledge to help individuals develop a personalised wellbeing plan. Betsan founded the community interest company stitchlinks.com in 2005. It has grown into a global online community for those who enjoy the therapeutic benefits of craft, particularly knitting, and is pioneering scientific research into these benefits. She is also an experienced magazine production editor and regularly writes articles for a range of publications. (Betsan Corkhill) Lynne Rowe was taught to knit and crochet by her grandmother in her early childhood and has been hooked ever since. She has developed a wide range of specialist skills and loves to pass these on to others through her workshops and classes. She is best known for her whimsical designs which feature regularly in the UKs most popular craft magazines, along with articles and technical guides. Her practical approach makes her patterns straightforward, easy to read and fun to make and her aim is to encourage as many people as possible to knit and crochet. Lynne has a keen interest in the therapeutic aspect of knitting, and has taught many people over the years with various mental/health issues and has first-hand experience of how simple, repetitive tasks such as knitting can both help the mind and relieve stress. Lynne is active on social media, with her own website, Facebook page, blog, Ravelry and Pinterest page. She has written two books for Search Press: Once Upon a Time in Crochet (published April 2015) and 20 to Make: Crocheted Mandalas (due for publication October 2016). Facebook: The Woolnest Website: lynnerowe.weebly.com Blog: thewoolnest.blogspot.co.uk Ravelry: ravelry.com/designers/lynne-rowe Pinterest: pinterest.com/lynneskknits/ (Lynne Rowe)