



KNITTING

PATTERNS OF MOVEMENT

Bilateral
Coordinated
Cross Midline
Repetitive
Rhythmic
Automatic

HAND POSITION

Increases Personal Space
Provides a Buffer

+ ENRICHED ENVIRONMENT

Creativity / Imagination
Meditation
Relaxation
Calm / Self Soothing
Flow
Mastery of a skill
Regular Novelty
Reward / Success
Enjoyment of Solitude

Fun / Play / Exploration
Contribution / Giving
Refocusing Attention
Control
Meaning / Purpose
Visual Stimulation
Tactile Stimulation
Emotional Stimulation

+ SOCIAL ENGAGEMENT

Community
Friendship
Support
Belonging
Touch
Easy Banter
Raucous Laughter
Fun / Play with Others
Experiment / Explore

Eye Contact... or Not
Communication
Language
Mutual learning
Perspective
Giving / Sharing
Confidence
Identity

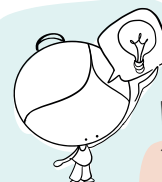
+ PORTABILITY

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KNIT TO IMPROVE WELLBEING

Knitting has become part of everyday life for many people. Here at IAIA we are passionate about using knitting to improve your wellbeing. This practical advice will help to enhance your enjoyment of knitting, the benefits of which will help you live a more fulfilled life. These tips are based on Betsan Corkhill's book *Knit for Health and Wellness: How to Knit a Flexible Mind and More*

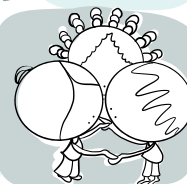
KNITTING THERAPY BENEFITS



IT HELPS US TO DEVELOP OUR CREATIVE THINKING



THE CALMING MOVEMENTS HELP TACKLE STRESS & ANXIETY, AND HELP TO RAISE MOOD EVEN IN THOSE WITH DEPRESSION



IT STRENGTHENS OUR SOCIAL NETWORKS

IT MAKES COMMUNICATION WITH OTHERS IN A GROUP EASIER

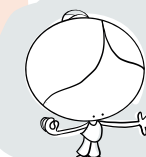


IT GIVES US SATISFACTION AND IMPROVES OUR SELF-ESTEEM



IT HELPS CALM EMOTIONS TO HELP THINK THROUGH THINGS

IT HELPS IMPROVE AND MAINTAIN HAND MOVEMENTS



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by @muxotepotolobat

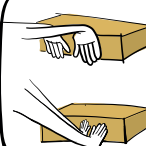
Asociación IAIA

www.Laiaia.org

BEFORE KNITTING



MAKE SURE YOU HAVE GOOD LIGHTING

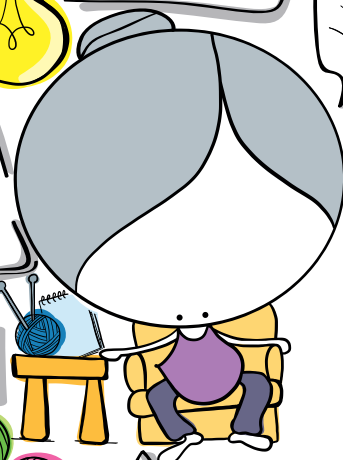


STIFF HANDS? MOVE THEM AROUND GENTLY BEFORE YOU GET GOING
3min

MAKE SURE YOU KNOW WHAT ALL THE ABBREVIATIONS MEAN

HAVE ALL YOUR KNITTING TOOLS AT HAND

LOOK FOR A COMFORTABLE PLACE TO SIT



HAVE SOME WATER NEARBY AND ENSURE YOU DRINK REGULARLY

AVOID SNACKING, PARTICULARLY SUGARY SNACKS, AS YOU KNIT

WEAR COMFORTABLE CLOTHES THAT WILL ENABLE YOU TO RELAX

DURING KNITTING

LET YOUR MIND WITH A RELAXED GRIP FLOW INTO THE RHYTHM OF THE HANDS

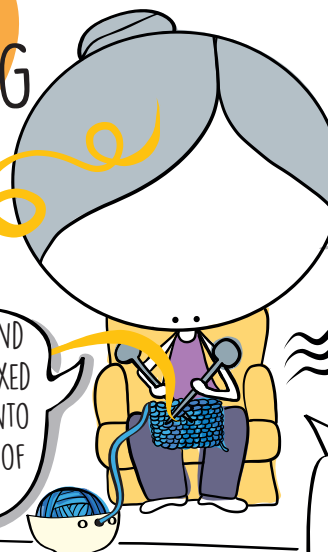
TAKE A BREAK EVERY 20-30 MINS TO STRETCH YOUR HANDS, LOOK AT A DISTANT OBJECT TO PREVENT EYE STRAIN

✓ PAINFUL HANDS? USE CIRCULAR NEEDLES AND TAKE MORE REGULAR BREAKS.

✓ SPREAD SHORT BOUTS OF KNITTING ACROSS THE DAY

✓ HOLD YOUR NEEDLES WITH A RELAXED GRIP

MAKE SURE YOU'RE NOT SITTING FOR PROLONGED PERIODS. EVERY 30 MINS STAND UP, WALK AROUND TO GET YOUR CIRCULATION GOING



AFTER KNITTING



GENTLE HAND EXERCISES WILL HELP TO KEEP YOUR HANDS HEALTHY
MAKE A FIST (1), STRETCH YOUR FINGERS (2), CIRCLE YOUR WRISTS ONE WAY, THEN REPEAT THE OTHER (3), INTERLACE YOUR FINGERS & GENTLY STRETCH (4)

APPLY HAND MOISTURISING CREAM TO GIVE YOUR HANDS A TREAT

TIDY AWAY YOUR KNITTING AND TOOLS TO KEEP THEM SAFE AND TO AVOID TRIPPING



KNIT TO IMPROVE WELLBEING

stitchlinks
xxx