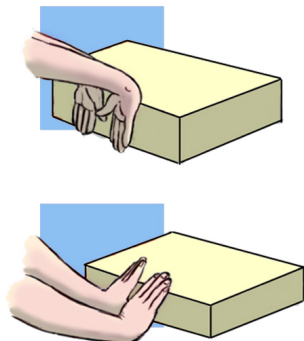


# YOUR PERSONAL WELL BEING WHILE YOU ARE KNITTING

Nowadays, for many knitters, knitting habitually has become a part of their lives.

Keep in mind, our bodies are very sensitive to change and knitting does is not part of a daily usual routine.

IAIA is concerned about your well-being and is interested in showing you a series of practical advice to keep your body and mind in a healthy way, before, during and after knitting.



 3 minutes

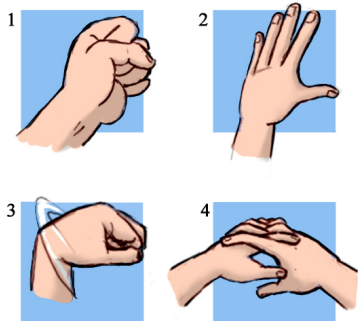
## BEFORE KNITTING

- Look for a quiet place
- Drink enough water
- Be sure that the lights are working in a correct way
- Sit down where you feel comfortable
- Wear loose and comfortable clothes
- Take your knitting tools (scissors, needles, wool, patterns..) and put them close
- Do not eat a lot and avoid heavy meals
- Begin every session with some hand exercises



## DURING KNITTING

- Keep a constant movement with your hands
- Let your mind flow within the rhythm of movements
- Have a break at least 3-5 minutes every half an hour to let your eyes have a rest and repeat the exercises with your hands
- Stand up during some of your breaks and you can look through the window, go for a walk outside, or just go walking around to activate your circulation



 3-5 minutes

## AFTER KNITTING

- Drink plenty of water
- Apply some hand moisturizing cream so that your skin feels good
- Some exercise helps you avoid possible cramps and favors a good circulation
- Take your time to organize your knitting tools; (scissors, needles, wool, patterns...) if you do so, you can take them ready for the next time

Hand exercises: press your hands (1), stretch your fingers (2), make some circles with your wrists (3), interlace your fingers (4)

*Fuente: Sally Radcliffe (2013)*

## KNITTING THERAPY BENEFITS

- It brings back our more creative side
- It gives us clarity of thoughts
- It strengthens our social ties
- It favors the communication with others
- It gives us satisfaction and improves our self-esteem
- It gets rid of prejudices and emotional blocks
- It helps us improve some motility problems
- It helps us remove stress and fight against depression



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