

# NEWS

We catch up on the latest yarns



## SELF-CARE IS CRUCIAL TO STRESSED CRAFTERS

Self-care is increasingly important in a society that is struggling more and more with stress and anxiety – and knitting is one of the best ways to relax, a new survey has revealed.

A poll of nearly 3,000 people by the Craft Yarn Council of America found that 97% believe self-care is important.

Eighty-six percent of respondents said they sometimes or often feel stressed or overwhelmed, and the most common causes of stress were overthinking (61%), family and friends (53%), lack of sleep and finances (both 48%).

Other concerns included health, work or school, being too busy and technologies such as phone, text, email and social media. Of those the ones causing the most stress were overthinking, finances, family and friends and work or school.

Nearly half of respondents (47%) said they wish they could take more time to slow down and take care of themselves, compared to 45% who said they already make it a priority to do this. Fifty-nine percent said they feel guilty for taking time for themselves.

Nearly all those polled (over 97%) knit or crochet, and 94% practise knitting or crochet for self-care, with just over half (51%) making these and other fibre crafts a priority in their days.

Respondents said that before starting their self-care activities they feel stressed or overwhelmed (51%), tired (41%) and anxious (39%). Afterwards they feel relaxed (70%), content (59%) and energised (19%).



A spokesman for the Craft Yarn Council says: "In spring 2018 we surveyed yarn crafters about their wellness habits and received almost 3,000 responses.

"Ninety-four percent of respondents reported that they knit and crochet to help them relax and 80% said the skills help them reduce stress.

"This year's survey expands on last year's and dives deeper into how wellness relates to self-care and yarn crafts."

The results were announced last month as part of the council's Stitch Away Stress campaign, which runs in tandem with Stress Awareness Month.



### CUTE KITS UP FOR GRABS

Looking for a summer knitting project? You could win one of six kits to knit We Are Knitters' pretty *Brezo Tee*, in Pima cotton, worth £49. Each kit includes three 100g skeins of WAK Pima Cotton, 5mm wooden knitting needles, the pattern, a small knitter's sewing needle and an embroidered label. For your chance to win, visit our Competitions page at [knittingmag.com](http://knittingmag.com). Deadline: May 29.

### MAKE ME, TAKE ME

The Tennessee-based artist behind blog [greenbaglady.org](http://greenbaglady.org) has launched her campaign for reusable bags at an international fibre craft trade fair. Teresa VanHatten-Granath began her eco-friendly initiative in 2008, and since then she and an international team of volunteers have been making bags from recycled fabric and giving them away in return for a pledge that the recipient will use them instead of plastic bags. The project was given a boost at the H&H trade fair in Cologne, where a campaign called Make Me Take Me was launched, which called on the DIY community to make 10,000 reusable bags before the end of this year. Find out more at [initiative-handarbeit.de/aktionen](http://initiative-handarbeit.de/aktionen).



### WIN A KNITTERS' JOURNAL

Keep track of your knitting life in one handy book: *My Knitting Journal* by Val Pierce. This useful volume has space for everything a passionate knitter needs to note, from a directory of your yarn stash to pages for each project you're working on, with plenty of room for notes and diagrams. The book, published by Quiet Fox Designs, also includes reference information. We have five copies to give away – for your chance to win, visit our Competitions page at [knittingmag.com](http://knittingmag.com). Deadline: May 29.

