



Crafty Mental Health Tips

Crafting is one way to discover one's hidden creativity and encourages using outlets to help switch off from the day-to-day pressures and turn negative thoughts or feelings into something positive. Rachel Boyd at **Mind.org** says making time for crafts can help with all kinds of mental health problems.

"Crafting can be almost meditative," she says. "There is research evidence to suggest that craft activities when done on a regular basis, can improve mood and increase feelings of relaxation.

Crafting and making art stimulates the production of dopamine, the neurotransmitter that creates feelings of pleasure and enjoyment and can lessen pain levels.

A new Drexel University study found that creating art can significantly reduce stress-related hormones in the body. The researchers found that 75 percent of the participants' cortisol levels lowered during 45 minutes of art making.

"Knowing you are setting aside time to craft gives something to look forward to at the end of a tough day, or week. Also, getting together with a group of people to craft can turn it into a social activity, which we know is good for our general wellbeing while also strengthening our support networks," says Boyd.

According to **Gathered**, trying a new craft or hobby can have many positive benefits and is good for one's mental health. Learning new skills is always a positive! Time to give a new craft or hobby a try. To learn more, [click here](#).