



Health Benefits of Sewing

Sewing is a wonderful hobby and enjoyable pastime, but did you know that there are actually many health benefits to sewing? Learn the correlation between sewing and mental health and how sewing provides both expected and surprising health benefits.

You should sew because sewing . . .

- is therapeutic
- is relaxing and productive
- is a great social activity
- is a great way to stay focused
- benefits mental health
- promotes a good mood and alleviates depression symptoms
- provides a sense of accomplishment
- improves self-esteem and confidence
- keeps your mind sharp and active
- can reduce your risk of getting dementia
- is good for your heart and blood pressure
- has been shown to improve hand-eye coordination
- can decrease symptoms of physical ailments
- is practical and beneficial for gift-giving and DIYing

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