

FIVE REASONS SEWING IS GOOD FOR THE AGING BRAIN.

How Sewing Keeps You Vital, Fit and Happy. (Madam Sew)

1. Major Stress Relief

A recent study found that out of several stress-reducing activities, like playing cards, painting reading, and sewing, the latter actually takes the cake as the most relaxing.

2. Advances Hand-Eye Coordination

Sewing, knitting, quilting and other related activities play a “helping hand” in your hand-eye coordination. You will enhance and advance your motor skills through the attention-to-detail required. Watch as you improve on other everyday tasks as well.

3. Don't Worry, Be Happy!

While you're sewing, knitting, crocheting, quilting, or crafting just about anything else, your brain rewards you with a nice boost in dopamine, a.k.a your HAPPY hormone! Your reward comes even before the task is completed.

4. Brain Gym

Like the rest of your body, your brain needs exercise to stay in good shape. Sewing keeps your brain active and concentrated, which might even boost your memory! Forget about forgetting, sewing has the power to lower the risk of dementia.

The act of constantly trying something different or learning new tricks, patterns and methods opens many brain doors. Sewing has been shown to encourage the formation of new neurons in the brain due to the repeated creative thinking process.

5. Sleep Heals

Exercising your brain during the day by sewing pushes it into well-deserved sleep at night. If you're awake again at 3am though, use sewing to reset by working on any sewing project for a while. Then go back to sleep.

Sleeplessness gone, project done!

**Sewing is meant to be fun, pain-free and stress free, regardless of age.
Seeing these benefits, you now know to NEVER EVER QUIT!**