

Weekly Wisdom



Grow the Green for You and Your Team



“The more I paint, the more I like everything.”

-- Pierre-Auguste Renoir

Being Crafty is So Good for You!

When we talk with early career nurses about their self-care practices, we often hear, “I love to do crafts, but I haven’t done anything since I started nursing school.”

We would argue that you *need* to make time for arts and crafts, if that’s something you enjoy!

Using our hands is good for our brains. (And that doesn’t include scrolling & typing!) “Activities like writing, gardening, and knitting can improve your cognition and mood.”

You’ve probably read about high-level athletes who crochet to stay calm & focused, or war veterans who learn guitar to reduce stress and anxiety.

Science backs up the value of crafts for our wellbeing. “The rhythm and repetition of knitting is calming, like meditation.” Hands-on hobbies such as art or music engage our attention and support learning. Completing a project gives us a sense of control and mastery. It can help reduce a sense of helplessness.