

Words about Wellness

UNC DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

The Art of Crafting and Its Benefits



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"Words About
Wellness" is brought to
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Crafting has evolved over centuries with skills that were first used as a necessity (e.g. baskets, pottery, quilting, metalworking) to engaging in crafts as leisurely activities. The beauty of arts and crafts is that it does not need to be for only children; anybody can craft regardless of your age or artistic ability! Art knows no bounds.

Social media platforms report a significant growth in discussion of crafting on platforms by more than a 460% since 2016, along with Pinterest reporting an increase by 444% with searches for art therapy activities. Furthermore, the Global Arts & Crafts Supplies Market is expected to increase by more than 15 billion by 2025.

What are the benefits of crafting?

As we move into a highly digitized and technology driven world, crafting can allow for a way to disconnect from screens and provide a tactile way to connect with others or relax. Research suggests that serious and creative crafting can correlate with increased psychological, developmental/ageing, and cognitive benefits, as well as a higher life satisfaction. Studies link this to the complex nature of participating in arts and crafts as it combines "gentle physical activity, social interaction, relaxation, emotional expression, and cognitive stimulation" simultaneously, which can reduce negative feelings and stress hormones, while improving feelings of happiness.⁴ Participating in arts and crafts just once per week has been shown to significantly lower levels of mental distress.

Trending Crafts

- Stained glass
- 3-D and digital crafting
- Paper crafting
- Needlecraft, such as cross stitching, latch hooking and sashiko
- Potting/creating ceramics
- DIY furniture upgrades
- DIY soap and candle making

Local/Virtual Arts & Craft Opportunities

- Wine & Design (Various locations)
- AR Workshop (Durham)
- Glazed Expectations (Carrboro)
- Pinterest www.pinterest.com
- FaveCrafts www.favecrafts.com
- DIY Craft Sites diyprojects.com/diy-craft-sites

Resources:

1. Craft Industry Trends for 2020 - Craft Industry Alliance
2. Arts & Crafts Supplies Market Research Report - Global (globenewswire.com)
3. Crafts as serious hobbies: Impact and benefits in later life (ingentaconnect.com)
4. Arts, mental distress, mental health functioning & life satisfaction: fixed-effects analyses of a nationally-representative panel study | BMC Public Health | Full Text (biomedcentral.com)