

Well-being Through Crafts

Making crafts can provide enjoyable activities and bring joy to everyday life, but they also have significant effects on well-being. Few people stop to think about what they are actually doing and how much, for example, knitting contributes to well-being. The subject can be studied through, among other things, positive psychology.

Positive psychology is a field of study that focuses on examining empowering aspects. Its goal is specifically to increase well-being both among individuals and within communities. When making crafts, one may experience feelings of success and accomplishment when completing a piece of work. These feelings increase the production of the pleasure hormone dopamine, causing a person to feel happier and more well overall.

Many crafts require concentration, precision, and remembering instructions. In other words, the brain truly gets to work while doing crafts, which affects the development of cognitive skills. Well-being can also improve as cognitive skills develop, and this is often what happens.

Crafts can also be made together with others, creating social relationships and supporting social well-being. Doing things together and discussing crafts create a sense of belonging and bring people together. This creates meaning in life, and people experience themselves as more well.

Making crafts can provide a moment to calm down in the middle of everyday busyness. Calming down and relaxing reduce stress and lower blood pressure. In other words, crafts have almost life-extending effects. After spending time doing crafts, one has recharged their batteries and has the energy to do other tasks again.

Of course, some people do not enjoy crafts, do not find time for them, or for some other reason cannot or do not want to make them. That is also completely understandable, and fortunately, well-being can be promoted in many other ways as well. Even if a person does not make crafts themselves, the works can still create joy and appreciation in the viewer or user. Therefore, visiting a craft museum can also promote well-being!

Written by a summer employee of the Miila Craft Museum