Mindful Knitting Group

QUIET THE MIND & DEVELOP A MINDFULNESS PRACTICE THROUGH CONTEMPLATIVE CRAFTING

WEDNESDAYS 6-7:30PM
AUG 12 - SEP 30
HOSTED VIRTUALLY

Open to survivors of sexual assault, all genders welcome
Participants must have beginner knitting skills
For more info contact: Jordan Ferranto, LCPC, ATR
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WHAT IS MINDFULNESS & HOW DOES IT HELP?

Put simply, mindfulness is the practice of being present. Many survivors of sexual violence find it difficult to be present due to the impact of trauma. A mindfulness practice can help survivors realign mind with body and deepen a sense of self-knowledge, which can support the healing process in various ways.

**Why knitting?**

Many mindfulness practices involve focusing on breath or sensations in the body itself. While this is effective, it is not always accessible to sexual trauma survivors because it is common for a survivor to experience a severance of mind/body connection as a result of trauma. Thus, body-based mindfulness practices can feel frustrating, discouraging, and triggering, which makes it difficult to continue to practice.

Knitting involves repetitive micro-movements which elicits a sense of stillness in the mind and is calming for the nervous system. This calming effect allows for more ease in developing and practicing mindfulness skills that focus on an external process, unrelated to potentially triggering bodily sensations.