



*A Revolutionary Counted Cross Stitch Product.*

**Easy-Count Guideline™**  
R&S Designs, INC.

*Cut Cross Stitching Time  
by **ONE-THIRD.***

## **Mental Well-Being and Cross Stitching**

Many hobbies have the capability to fulfill a need for adventure, creativity, or as an outlet from our normal routine of chores. A hobby can fulfill our “sense of accomplishment” and “encourage our mental well-being.” A person’s quest to find “his/her **peace centered zone**” is best met by a hobby which:

- Encourages creativity
- Boosts self-expression
- Jump starts your self-control
- Encourages relaxation
- Encourages a “calming peace of mind”

A Cross Stitch Curriculum allows a user to steadily build stamina and confidence. It is a hobby which one can look forward to daily. After an hour or so of leisurely cross stitching, a user can make a clear and clean connection with his/her peace centered zone. Doctors have noted the following actual benefits from cross stitching:

- Working at one’s own speed and comfort level is beneficial to reduce stress.
- Non-competitive activity is soothing to the cross stitcher.
- Creativity is a tremendous “Booster” to the spirit.
- “Self-expression” is just what the doctor has ordered for positive outcomes.
- Promoting self-confidence and self-esteem is worthwhile.
- Completing a project on “your own” fosters self-respect and self-worth.

The first positive stage of cross stitching allows one to focus outside of one’s own self and gets the mind off of feelings of anxiety, tensions, and stress. The second positive stage of cross stitching allows creativity and a sense of accomplishment. The third positive stage is building problem-solving abilities, perseverance, and thinking skills in a calming environment. Working with your own hands to complete a unique art form fulfills the need for satisfaction, contentment, and fulfillment in one’s life.

Start with a project which is fairly easy. Let’s not “tax” our endurance at the start of this hobby. In that way, one sees the completion of the first few projects quickly and with very little effort.

**Go Cross Stitch!**

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