



*A Revolutionary Counted Cross Stitch Product.*

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

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

## **Music and Cross Stitch For Better Health**

According to the American Music Therapy Association, healthy individuals can use music for stress reduction. This can be done through active music making (such as drumming) or simply listening to music to induce a state of relaxation.

Cross stitchers, who already benefit from the stress-relieving properties of this activity, might consider listening to music while they stitch for a “double dose” of relaxation! Choose any notably soothing craft technique, such as knitting, crochet, or cross-stitch, and listen to music that feels calming and relaxing to you. Watch how quickly your stress melts away!

The following tips will also help you make the most of listening to music to ease stress:

- Choose music that you like! Listening to music you don't like may actually cause stress.
- Choose music with a slow rhythm (slower than your heartbeat, which is about 72 beats per minute).
- Listen to music through headphones to avoid distraction.
- Focus on your breathing, allowing it to become slow and regular.
- Play familiar music for extra comfort.
- If you're looking for stimulation, listen to faster music!

Forget about sunny beaches and tucked-away mountain retreats! When you sit in a comfy chair with your needle, Easy-Count Guideline™, thread, and latest cross-stitch project, you will be transported to a place just as wonderful.

Activities which make you feel creative also make you feel at peace with yourself. Cross-stitching can fill you with all kinds of “creative notions” as well as a sense of accomplishment as you stitch your way through a delightful project.

Tera Leigh, award-winning artist and author of three books on crafts and creativity, believes that the more a person uses creativity, the more creative she actually becomes. Creative confidence occurs—and can be increased—when someone feels comfortable with or knowledgeable about a particular subject.



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If you are confident in your work, you are more likely to be willing to try something innovative to solve a problem,” she said. “If you are confident in your ability to cross stitch, then you are more likely to be daring and try an unusual color combination or technique.”

Tera Leigh notes building confidence in yourself as a creative person is possible if you practice. If art and crafting are areas in which you wish to be more creative, obtain the right tools, materials, and instructional books or enroll in a class to get started. Once you’re comfortable with a technique, you will feel more confident expressing your creativity through that medium.

In addition to improving your skill-level, consider the following exercises to boost your creative confidence in crafting.

- Make a list of the many ways you are creative. Refer to it when feeling blocked.
- Break routine and do something out of the ordinary as often as possible.
- When crafting, work in a different area. Craft with a friend, or a group.
- Keep learning. Read a book or take a class. Subscribe to magazines.
- Keep a creativity journal; carry it with you. When something inspires or moves you, write it down.
- Photograph your projects. Look back at a later time and think about how you could improve on something you created earlier.
- If you’re stuck, don’t push yourself. Come back to the idea at a later time.
- If you’re on a roll, go with it! **Don’t stop yourself from exploring.**