67% of Finnish adults report enjoying craft leisure activities

**Aim of the study:**
- to examine how craft-makers describe the meaning of craft as an activity in relation to their well-being
- explore how crafts may help women who engage in crafting as a leisure activity to cope with stress

**Methodology:**
- written narratives of 92 textile craft-makers, aged 16 to 84 (60 woman, 32 men)
- Written narratives of female textile craft-makers aged 19-84
- personal documents of 15 textile craft-makers aged 27-57
- inductive content analysis, thematic analysis, computer programme Atlas.ti, theory-based analysis

**Results:**
1) the meaning and value of crafts as an occupation
2) the feelings experienced during craft activity
3) the holistocity and intentionality of craft-making.

- Crafts provided recreation, satisfaction, optimism, positive relationships, and support, helped to cope with negative feelings
- Crafts served as a leisure coping resource and a leisure-based coping strategy.
- The empowering process can be traced to eight therapeutic elements (see Figure)

**Conclusion**
- Craft was an agony- and stress-reducing and mind-calming activity
- Holistic craft with designing and ordinary craft with ready-made instructions had different roles in maintaining well-being

**Future steps:** 816 written narratives from spring 2015 is waiting for new researchers


