

Knitting helps Tom Daley switch off

Olympian Tom Daley is the most decorated diver¹ in Britain's history. He is also an avid knitter. At the Paris 2024 Olympics Daley added a fifth medal to his collection—and caught the world's attention knitting² a bright blue “Paris 24” jumper while travelling to the games and in the stands. At the Tokyo Olympics, where Daley was first spotted knitting, he explained its positive impact on his mental health. “It just turned into my mindfulness³, my meditation, my calm and my way to escape the stresses of everyday life and, in particular, going to an Olympics.” [...]

Olympics-level sport relies on perfect scores and world records. When it comes to knitting, many of the mental health benefits are associated with the process, rather than the end result. Daley says knitting is the “one thing” that allows him to switch off completely, describing it as “my therapy”. [...]

Knitting's been shown to have benefits relieving stress in high-pressure jobs beyond elite sport.

theconversation.com,
2024

¹ plongeur

² tricoter

³ pleine conscience



Knitting helps Tom Daley switch off

Olympian Tom Daley is the most decorated diver¹ in Britain's history. He is also an avid knitter. At the Paris 2024 Olympics Daley added a fifth medal to his collection—and caught the world's attention knitting² a bright blue “Paris 24” jumper while travelling to the games and in the stands. At the Tokyo Olympics, where Daley was first spotted knitting, he explained its positive impact on his mental health. “It just turned into my mindfulness³, my meditation, my calm and my way to escape the stresses of everyday life and, in particular, going to an Olympics.” [...]

Olympics-level sport relies on perfect scores and world records. When it comes to knitting, many of the mental health benefits are associated with the process, rather than the end result. Daley says knitting is the “one thing” that allows him to switch off completely, describing it as “my therapy”. [...]

Knitting's been shown to have benefits relieving stress in high-pressure jobs beyond elite sport.

theconversation.com,
2024

¹ plongeur

² tricoter

³ pleine conscience

