



# Yarnfulness Blog

Would you like to write a guest blog post for us about your experiences/ musings/ understanding of craft and well-being or mental health? If yes, feel free to send us an [email](#) with your draft. We may need to lightly edit it, but would give you final sign off before posting.

## How long?

No longer than 5-600 words, as it is enough to keep readers engaged. Feel free to have a read of our existing posts before you put your own pen to paper [www.yarnfulnessproject.org/blog](http://www.yarnfulnessproject.org/blog).

## What?

We are interested in anything you would like to say. Such as what parts of making and crafting you think are personally beneficial to wellbeing. You could also write about aspects that are not so helpful. You could write about one specific piece you have made and why it helped, or discuss which stitches/types of make you find the most helpful. If you have quite a lot of ideas you could always split them into more than one post. Such as one for positives and one for negatives/another word that isn't so emotionally charged!

## Can the team help?

We're happy to look at drafts and outlines if you prefer before you write the whole thing, or talk through some ideas.

## Anything else?

A picture of you for the post would also be great, and a picture of one of your makes for the header image would be really good if you're happy for us to use one.