

PURL PAL: Knitting A Swan Vest For Stress Release

Description



Vest No1 by My Favorite Things Knitwear

Iâ??ll be completely honest â?? my head is full and my heart is heavy.

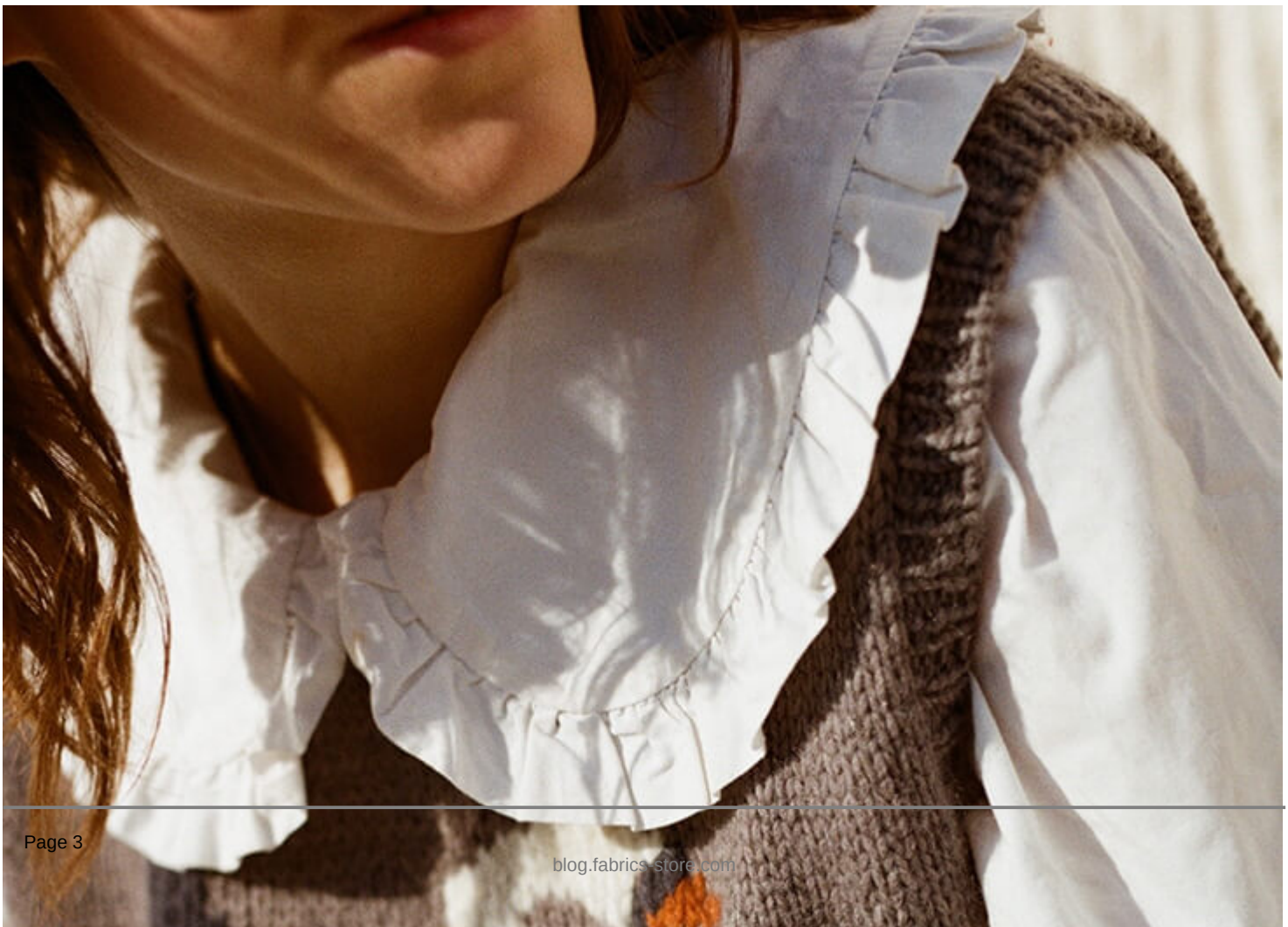
This whole situation right now is really challenging for me â?? covid, a breakup, starting work again (and being unhappy with it), moving to a new apartment and now a raging war close to my home.
Getting up in the morning is hard enough and it is even harder to stay focused. Which is probably the reason why sewing is stressful for me right now. It feels like big and fast steps. You have to take up space when cutting the fabric â?? when all I want is to be small. You have to sit at a table to sew â?? when all I want is to curl up in bed. You have to stay focused so you donâ??t make any mistakes while cutting â?? when all I want to do is let my thoughts flow. As you might know â?? I LOVE sewing and it helped me a lot in finding myself again. But right now I need a break.
This is why I started knitting again.
Fun fact: my therapist told me that knitting has the same effect on your brain as running â?? and for me that makes SO MUCH SENSE!



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But enough about me, letâ??s talk about something more fun â?? letâ??s talk knitting!

One of my favorite things to knit right now are vests! They are so much fun to style and you donâ??t have to store them in your closet after winter is over (and you donâ??t have to knit sleeves â?? which I always think is a bit boring, to be honest).
The one Iâ??m wearing in these photos is the Vest No1 by My Favorite Things Knitwear. I loved the boxy look of the vest, but after I finished it, it felt like something was missing. So after hours on Pinterest (and I mean hooouuuuuurs) I found the perfect cross stitch embroidery swan pattern. Instead of cross stitches, I tried duplicate stitches for the first time (and I must say) it worked out pretty well! After a small meltdown and some knots (no shame) I now LOVE it! I could honestly wear it 24/7 â?? Swan over a shirt? YES! Swan over a dress? YES! Swan over a turtleneck, a t-shirt or just swan by itself? YES, YES AND DOUBLE YES!



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Concerning the pattern: I think itâ??s very do-able for someone without a lot of practice. Knit, purl, increase, decrease, pick up stitches â?? thatâ??s more or less all you need to do. And when you break it down â?? if you know those steps, you are easily able to knit 80% of all knitting patterns (or at least the ones I read in the last months).

So sit down, put your feet up and let those needles click!



Vest No1 by My Favorite Things Knitwear

Bussi

Sophie

PS: I canâ??t wait to have all my batteries charged to start sewing again. SOON!

PPS: All analog pictures are taken by my gorgeous friend Sophie Nawratil on film.

CATEGORY

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