

Taking Care of Yourself While Sewing



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Since so many of you seemed to appreciate my hints about sewing machine troubleshooting yesterday, I'm gonna share another hint today: if you're starting to feel tension, tightness, stiffness, burning in your neck and shoulders from sitting at your sewing machine for long periods of time, here are 2 suggestions.

1 - set a timer in your kitchen for 30 minutes. When it goes off: get up, get a drink of water, walk around the house a bit, go to the bathroom, stretch and twist your body, get a snack, check your email, etc. Then reset the timer and get back to your sewing... 😊 Do not use the timer on your phone that is sitting by you. It's too easy to turn it off and say 'I'll just finish this one thing....and then keep sewing and totally forget to get up'. Ask me how I know... 😞

2 - now do this with me, right where you are sitting. It will feel weird but it's So Helpful! Sit straight in your chair with both feet on the floor. Put your right hand under your bum so that you're sitting on it. Then cross your left leg over your right leg. Then twist your upper body so that your left arm can hang down on your right side. Turn your head and body into kind of a slouch towards the right like your left hand is reaching for the floor on the right side. Keep your right hand under your bum... 😊 Can you feel that twist and tightness in your left shoulder loosening up? If not - you're not doing it quite right. Try again. Then switch sides. Sit on your left hand, etc.

Great posture is important. But when we're sewing we tend to slouch (good lighting and reading glasses can help with that). Do that stretch when your timer goes off. Your shoulders, neck and back will thank you!