

Craft Your Own Happy

A collection of 25 creative projects to craft your way to mindfulness

BECCI MAI FORD



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Description

Craft Your Own Happy is a collection of mindful craft projects to make you smile! Perfect for those moments when you need a bit of self-care and relaxation time.

Do you ever feel like you spend too much of your day staring at screens, feeling anxious or stressed out? If the answer is yes—then you need this book! The cute colourful projects have all been designed with the feel-good-factor in mind.

Crafting can help to take you away from the worries and pressures of your daily life, and give you back those moments of slowness and focus which can help to reduce anxiety. Unlike other craft books, this is a book that you can dip into and find projects based upon how you are feeling. So you can craft to suit your mood! There are 25 beginner friendly projects to choose from including cross stitching, embroidery, paper craft and more!

About the Author

Becci Mai Ford loves colour. A keen crafter who enjoys making a mess, Becci started crafting at a young age and hasn't stopped since! She is now the founder of Ellbie Co. a mindfulness craft kit company that aims to spread happiness through making!

Inspired by all things cute and a desire to combat anxiety by crafting, Becci currently works in Brighton in the UK, out of her tiny rainbow-filled office space (The make happy corner!) where she designs new crafty projects, blogs and tries her best to brighten as many peoples days as possible. She is making life up as she goes along—and so far it's been a lot of fun!

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