



The benefits of relaxing with a jigsaw

Jigsaws are a great way to escape from the world for as little or as long as you want, and all from the comfort of your home. Not only are they a great way to pass time, but jigsaw puzzles have many health benefits for your mind too!

Mindfulness

Jigsaw puzzles promote mindfulness, the act of bringing conscious attention to an action within the moment. Focusing attention on the task at hand prevents the mind from becoming caught up in thoughts, helping to induce a calm, relaxed state, in which your heart rate and blood pressure is lowered. This mindful state can be particularly beneficial for people suffering from stress, anxiety and depression.

Puzzle alone or with company

You can complete your puzzle alone for mindfulness benefits and relaxation after a busy day. Alternatively you can make it a team effort and complete your puzzle with a loved one or several members of your family to boost

your connection and chat while you complete your puzzle.

Boost for brain power...

To complete a jigsaw, you need concentration, short-term memory and problem-solving ability. Using these skills boosts cognition, helping to prevent cognitive decline. Completing a jigsaw also requires visual-spatial reasoning, providing a further workout for your brain. Throughout the process, both sides of the brain — the logical and creative — are stimulated. This sparks imagination and creativity and helps to boost productivity.

and fine motor skills...

Sorting out puzzle pieces and slotting them into place can help to fine tune and improve fine motor skills.

Take a screen break!

Adults are thought to average 13 hours a day on a screen, which amounts to 200 days a year. Completing a jigsaw puzzle can provide you with a challenge and entertainment away from your screen, giving you an important break.

The feel good factor

If you manage to work through any frustration you may be feeling while completing your puzzle, you will be rewarded with a dopamine hit, giving you both motivation to keep puzzling and satisfaction and feel good factor on completion! ▶



Sources: fortune.com; nhs.uk; happiful.com; thestitch.com