

Getting Rid of Stress

When studying for a test, or even when just trying to survive the working day, many people like to keep something on their desk that helps to relieve stress. Objects which provide stress relief are said to reduce tension and also allow our brains to take a break, thus improving overall work or study performance.



Hand exercisers and stress balls have long been popular stress relievers. The repetitive actions of gripping and releasing the object are calming for many users, with the added benefit of strengthening our hand and forearm muscles. They can even help with conditions such as carpal tunnel syndrome.

More recently, a newer item has emerged from the crowdfunding website, Kickstarter, and is called the Fidget Cube. Each side of the cube provides a different way to gain stress relief. One side has buttons to click, one side has a switch to flip, one side has gears to roll and so on. This is a multi-function approach to dealing with stress, and is especially recommended for those people with fidgety fingers.

Coloring in pictures is another new way for dealing with stress. Coloring books for grown-ups, such as Johanna Basford's "Secret Garden," have become hugely popular recently, helping adults to rediscover the joys of coloring in beautiful line illustrations. At times of high stress, the action of coloring is said to have a very soothing effect, almost like meditation, and leaves the brain refreshed and ready for work again. Recently, some companies have even provided coloring books and pens in employee rest areas, hoping to reduce stress levels and increase productivity.

Japan too has produced some wonderfully original stress relief items in the past few years. One notable item is the "Bubble Pop" keychain device that simulates the sensation and sound of popping some bubble wrap. Now there is no need to waste real bubble wrap...just keep on popping the keychain. A similar product is the "Mugen Edamame" keychain, which simulates taking green soybeans out of the pod - very calming! Both of these products have been big hits overseas, too.

A small stress reliever kept on the desk can be a very useful item. Which type of item would you like to use?