

Stress Relief Gadgets

Stress is a normal part of any job, but working in election administration can mean increased stress due to heightened scrutiny, numerous deadlines and job duties, and the public's expectation that everything must be perfect. Implementing stress-relief gadgets into meetings or every day activities can assist election officials with managing anxiety and stress during challenging moments.



BENEFITS

- Quick and effective stress relief
- Enhanced focus and mental clarity
- Improved overall well-being

TYPES OF STRESS-RELIEF GADGETS

- Jigsaw puzzles
- [Zen garden/sand tray](#)
- [Stress ball](#)
- [Fidget spinner](#)
- [Fidget cube](#)
- [Magnetic sculptures](#)
- [Thinking putty](#)
- [Coloring books](#)
- [Kneadable eraser](#)
- [Wacky tracks](#)
- [Fidget strings](#)

Tips for Incorporation

- Keep stress-relief gadgets readily accessible on your desk.
- Bring the gadgets into team or brainstorming meetings.
- Keep the gadgets around the office so they're readily available when needed.
- Use them as quick stress-relief tools during challenging moments to regain focus.

CONCLUSION

Stress-relief gadgets provide a simple and effective way to manage stress during your busy workday. Incorporate these quick exercises into your routine to stay calm and focused, even in the most demanding situations.