

How To *Fidget* Your Way To Incredible Focus, Stress Relief, and Productivity With This Fun ‘Fidgeting’ Toy Designed By Doctors

Have you ever struggled to sit through a boring lecture, class or meeting? Or had your mind constantly drift away while at work?

If you could only sit down and crank out 8 solid hours of productive work any time you needed it. That would be a dream, wouldn't it?

Instead you find yourself doodling, chewing gum, spinning your pencil, or tapping your fingers repeatedly just to concentrate and keep relaxed.

Yet you might notice, the strangest thing happens when you do all that mindless fidgeting...

The fidgeting actually helps! You calm down and focus your attention a little more.

Don't worry. You're not some 'weirdo'. As crazy as it sounds, fidgeting is now *proven* to be effective.

Child psychologist Roland Rotz, Ph.D., and Attention Deficit Disorder coach Sarah D. Wright are the co-authors of *Fidget to Focus*.

Rotz and Wright believe that fidgeting is a way to awaken concentration, especially for people with ADD. They wrote, "Restlessness is not just an expression of trying to 'get out of the fidgets' in order to become calm. It is rather an attempt to self-arouse to become focused."¹

So if trying to keep your mind focused feels like herding cats, you should start moving your fingers, arms and legs however you feel the urge!

Fidgeting can help some students with ADHD score higher on tests and do better in school

Researchers with the UC Davis MIND Institute, made a discovery that can dramatically help students with ADHD succeed in school. The study was led by Julie Schweitzer, professor of psychiatry and director of the UC Davis ADHD Program.²

While the hyperactivity displayed by children and teens with ADHD may seem like a distraction in a school setting, the UC Davis researchers found that movement and fidgeting actually helps them think.

¹ <https://www.additudemag.com/fidget-to-focus/>

² <https://www.universityofcalifornia.edu/news/fidgeting-may-help-children-with-adhd-perform-better-school>

During the study, they measured intensity and frequency of movement during tasks that required good cognitive attention. Students got more correct answers on the test while moving than while sitting still.

"Parents and teachers shouldn't try to keep them still. Let them move while they are doing their work or other challenging cognitive tasks," Schweitzer said. "It may be that the hyperactivity we see in ADHD may actually be beneficial at times. Perhaps the movement increases their arousal level, which leads to better attention."

The key is to find ways to fidget without disturbing the other students.

Fidgeting releases stress, so you can absorb more information

In 1988, John Sweller introduced the Cognitive Load Theory, which describes the process that humans learn new information.

Simply put, every second new information enters the brain but most of that information (like the faces of people you pass on the street) is discarded. Some chunks are held in the working memory, and those bits of information are either rehearsed and added to long-term memory or forgotten.

The point is that there is a limit to the amount of information that a person can take in at one time. Stress, boredom and other distractions make it more difficult to process information and learn it.

That's where fidgeting comes in.

When you have something in your hand to play with, it relieves those feelings of stress or boredom that can crop up, making it possible to focus on what you are trying to learn³.

It's important to note that the difference between mindless fidgeting and other distractions. Checking email, playing a game on a phone, or cruising social media sites won't give you the same benefits that you would get from playing with a toy that has little buttons to push without thinking about it. That allows you to give your brain a much needed break.

What If There Was A Highly Addictive and FUN Toy That Let You Fidget Endlessly, Taking Your Focus and Productivity To A New Level?

Michael Karlesky and Katherine Isbister, two researchers at the Polytechnic Institute of New York University studied what "toys" people liked to play with while trying to concentrate.

³ <https://www.scienceabc.com/humans/why-fidgeting-is-not-as-bad-as-you-thought.html>

They discovered things like Silly Putty, stress balls, and pens that click. According to the abstract of the study, “‘mindless’ activities like doodling, fidgeting, and fiddling” can “enhance creativity, focus and calm.”

And that’s when the creators of a ‘focus and calmness enhancing’ toy, called Comfort Cube, stepped in.

They spent countless hours in research and development to handpick the 6 most satisfying ways to fidget... and put it into one addicting, fun, focus-boosting toy.

Having this six-sided die in your pocket is like having six toys in one.

One side has three buttons that you can push and hear an audible click and two buttons that can be pushed silently.

The second side has a smooth sliding joystick.

The third side has a switch that can be flipped.

The fourth side is like a smooth worry stone.

The fifth side has three rolling gears and a ball that can be clicked and rolled.

The sixth side has a dial.

And the results of using Comfort Cube have been incredible.

A mother gave one to her teenager and it helped his grades. She said, “This is a godsend for my kids. My 14-year-old can never pay attention and has had a hard time just getting a passing grade. Since I gave him a couple [Comfort Cube](#) he's been able to focus on his tests and homework and actually brought home an A on a test yesterday! I couldn't believe it! It's his first A ever!”

The Comfort Cube is the perfect (and purposeful) desk toy for mindless fidgeting that will lead to increased concentration, creativity and productivity.

It’s small enough to carry with you anywhere and deliver stress relief and concentration any time you need it.

If you’re struggling with concentration, keeping your mind on task, stress and anxiety while at work or school, then you really have no reason NOT to try Comfort Cube.

You can grab one for a huge 75% off by using this link, and watch your focus, fun, and productivity soar.

