The Benefits of Fidget Rings for Anxiety

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Anxiety Fidget Ring

An anxiety fidget ring is just one example of a fidget toy, designed to keep your hands busy and your mind focused on a physical object.

Fidget toys are used by individuals to manage anxiety, increase focus and reduce restlessness. They are also used by a wide array of individuals, not just those who have anxiety disorders.

How Fidget Toys Are Used

Fidgeting is one of the characteristics of anxiety and is defined by small movements, caused by nervousness or impatience. Fidgeting is much more common in children but can also be a symptom of anxiety in adults.

Fidget toys stimulate the senses and are used as objects that you can focus your attention on. Good fidget toys should have weight or texture to them, and many of them offer an element of movement.

These toys offer grounding effects that allow the user to reconnect to the world around them and focus on the present moment.

Pros and Cons of Fidget Rings

Fidget rings (and other fidget toys, in general) can help wearers release nervous energy, relieve boredom and increase concentration. This can lead to more productivity in your day, which can help you focus on work.

More specifically, fidget rings offer the wearer a very portable toy that can be used anytime, anywhere.

Although many people find fidget rings to have many positive effects, medical experts have not come to a consensus regarding their effectiveness. Fidget rings are not proven to lessen the symptoms of anxiety or completely alleviate the urge to partake in unwanted behaviors.

Are Fidget Rings Helpful for Anxiety?

There is some debate over how well fidget toys actually work, however, there is no evidence that they make symptoms worse. Some people swear by fidget rings and never leave home without one!

Since there is no harm in trying fidget rings or other toys to calm anxiety, they are an easy symptom management tool to explore for yourself. If you are interested in finding a fidget ring, a quick internet search will offer you a selection of different options to try out.

How Fidget Rings Can Ease Symptoms of Anxiety

Many people with anxiety feel the need to move or fidget, especially during times of high stress. Fidget toys are designed to keep your hands and mind preoccupied, therefore lessening these urges.

In many people, fidget toys work as a grounding tool, keeping you in the present moment and focused on the world around you.

Fidget rings are especially useful for those with anxiety, as they are a fidget toy that you can wear. This way, you always have a grounding tool on your body and are ready to use it at any time.

Fidget rings can also help you to avoid unwanted or harmful habits, such as:

- Leg shaking.
- Tapping your fingers.
- Picking your hair or skin.
- Clicking a pen.
- Nail biting.
- Checking your phone.

By utilizing a fidget ring, you can rid your body of the nervous energy caused by anxiety, without harming yourself in the process. Best of all, they are inconspicuous toys, disguised as jewelry!

Brands and Features of the Best Fidget Rings

A few of the best fidget rings for anxiety are outlined below:

Sac Silver Sterling Silver Fidget Ring

There are a variety of spinner rings on the market, in a wide range of colors and styles. Spinner rings feature a central spinning component that you can flick and spin around the base of the ring.

This Sac Silver Sterling Silver Fidget Ring is available on Amazon in a unisex style for a reasonable price. It features a delicate band, so it will not feel bulky on your hand. The spinner glides smoothly, so that you can activate this feature with one finger.

Best of all, as this ring is made of sterling silver, it will not turn your fingers green. Being silver in color, it should pair well with the rest of your jewelry, no matter the metal.

ALEXTINA Spinner Ring

The ALEXTINA Spinner Ring has many color options and offers a discreet way to manage your anxiety in a public setting, however, all spinner rings may make a slight noise when spinning.

Made from high quality 316L stainless steel, these rings are surgical-grade and will not discolor your fingers. They are available through Amazon and are extremely durable, holding up well against everyday wear and tear.

Goda Acupressure Rings

These Goda Acupressure Rings, also available through Amazon, offer an alternative to spinner rings for anxiety. There are five in a set, each featuring a different color.

Acupressure rings are made up of small triangular-shaped points, which are designed to strategically stimulate pressure points on your finger. Acupressure applies the same principals as acupuncture, without breaking the skin.

These rings are made from stainless steel and are meant to release tension in your body. You can also use them as portable fidget toys throughout the day.

In Review

If you find it difficult to stay focused or pay attention throughout the day and feel the overwhelming urge to move, fidget rings may offer you some relief from your symptoms.

Should your symptoms continue to disrupt your everyday life, even after trying fidget rings for yourself, speak to your doctor about alternate treatment options that might work for you.