

# TRY OUT: CALM STRIPS



**THIS WEEK'S NOOK ACTIVITY IS HERE!**

Pick up a Calm Strip and printed copy of our guide outside of the OHP or swipe through our Instagram/Facebook story to learn more!

# WHAT ARE CALM STRIPS?

Similar to stress toys, Calm Strips are a slim and discrete stress tool to help with focus and attention.



Calm Strips were designed to **help manage anxiety**, which affected an estimated 63% of college students in 2020.

## STRESS TOOLS HAVE BEEN SHOWN TO:

- ★ Decrease distractions and increase attention span in academic environments
- ★ Increase productivity
- ★ Enhance memory
- ★ Provide a calming effect
- ★ Reduce feelings of anxiety and stress
- ★ Reduce restlessness

### References:

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Beck, J. (2015, July 15). How stress toys could be helping you focus at work. Retrieved April 05, 2021, from <https://www.theatlantic.com/business/archive/2015/07/stress-toys-focus-work/398453/>

Isbister, K. (2017, May 18). Fidget toys aren't just hype. Retrieved April 05, 2021, from <https://www.scientificamerican.com/article/fidget-toys-arent-just-hype/>

Stalvey, S., & Brasell, H. (2006). Using stress balls to focus the attention of sixth-grade learners. *The Journal of At-Risk Issues*, 12(2).

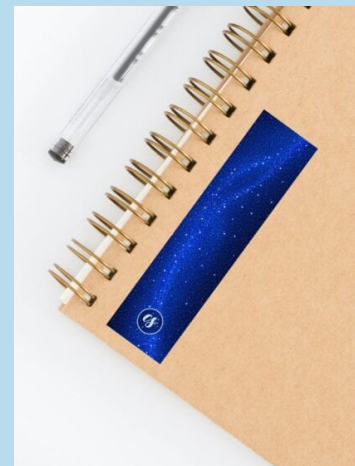
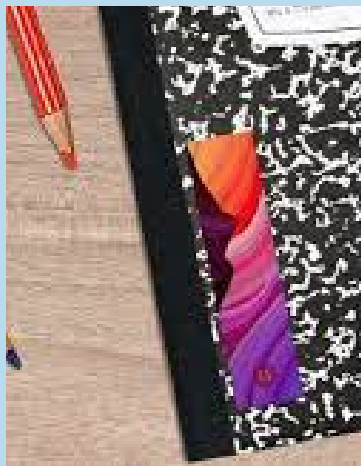
# HOW TO USE A CALM STRIP

## Try out these methods!

- Rub the Calm Strip with your fingertips
- Scratch it with your fingernails
- Pick at the edges

## When should you use it?

- During class to maintain attention
- During meditation and grounding practices
- For ASMR purposes
- Before sleep



## Common places to put Calm Strips

On a tablet

On a notebook  
or planner

On your desk

On a water  
bottle

Next to the trackpad  
on a laptop

The back of  
your phone



# HEALTH PROMOTION

## Connect with OHP!

### *Social Media*



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Carleton SWAs



Carleton College  
Office of Health  
Promotion



[go.carleton.edu/ohp](http://go.carleton.edu/ohp)

### *Sign up for our Newsletter*

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!

