

21Ninety

Cassandra Boduch, MD of PsychPlus on Fidget Toy Relaxation

5 Quiet Fidget Toys To Help You Focus Without Causing a Noisy Ruckus

Have you ever craved stimulation and movement while completing a task? Then, you'll want to look into getting a quiet fidget toy, also known as a silent fidget. "A quiet fidget toy can provide someone sensory stimulation without causing distractions," board-certified psychiatrist at [PsychPlus](#), Cassandra Boduch, MD, told 21Ninety. "This helps channel excess [energy](#) and boost concentration during tasks," the psychiatrist explained. Quiet fidgets are useful for anyone of any age. Plus, they don't create a ton of noise. So, you can bring them to [work](#), or use them as you work from [home](#).

How To Use a Quiet Fidget To Help With Focus

"To use a quiet fidget toy effectively for focus, integrate it into your routine in a controlled manner," Dr. Boduch explained. The board-certified psychiatrist mentioned that as you explore options for a quiet fidget, feel free to try out more than one type of [toy](#). "People should experiment with different textures or motions that provide sensory satisfaction without being overly distracting," Dr. Boduch stated. That means, your toy shouldn't take over the main task you're trying to complete.