

a few notes

Topic: Help for Fidgeting



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Most of us do it. Fidget. We mindlessly fidget while we ponder our thoughts, listen in on a meeting, or work through a problem. Fidgeting is a common coping mechanism for both adults and children. People who fidget a lot are generally more prone to mind wandering and daydreaming. To get people who fidget focused and on task, try offering some gadgets to help them refocus their thoughts.

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