

NOT JUST FOR KIDS

**SLIMY STRESS RELIEF**

**FOR ADULTS**



Mental health is an essential part of our well-being. Chronic stress can have serious consequences for our physical health — causing everything from hair loss to heart disease. That's why playtime is so important for kids and for adults too! Everyone needs time to indulge in purposeless, pleasurable, creative exploration undistracted by work and commitments. In fact, studies show that engaging in a state of play can improve emotional well-being, enhance cognitive health, and lower the risk of developing age-related diseases like dementia.

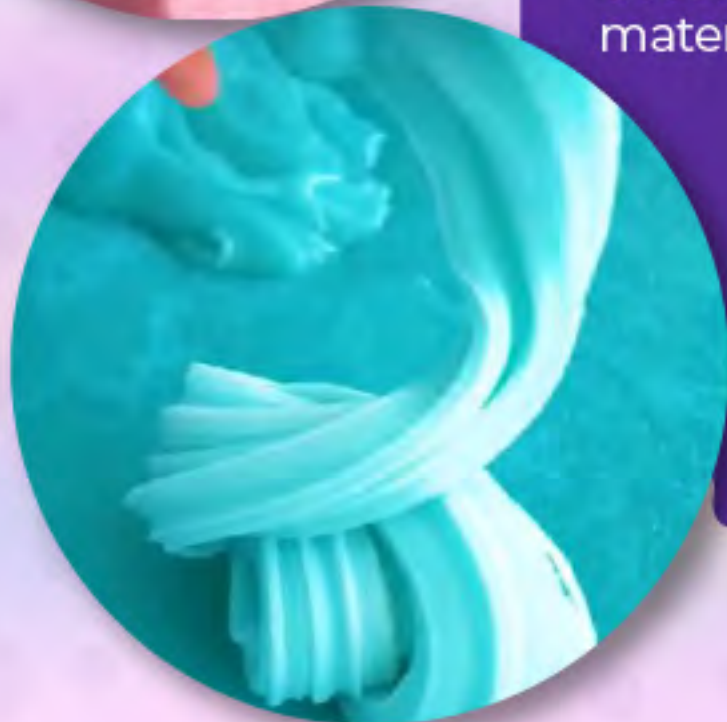


So what does all this have to do with slime? Well, when we play with joyful abandon of childhood we reap an abundance of health benefits -- and what do kids love? Slime! It's not just a trend -- it can be downright addictive and, for many, highly beneficial.





Slime is a putty-like substance that is similar in consistency to dough. It's soft and somewhat moldable while remaining fluid. You can stretch it, knead it, poke it, or use it to blow and pop bubbles. It comes in a variety of colors, textures, and scents and can be decorated with lots of different materials that change the look and feel.



You may be wondering why everyone on the internet is so obsessed with slime. Call it an escapist response to digital dysfunction or the 2020 version of mud pies -- the reason why slime is so captivating is that it engages almost all of our senses at the same time. There's a reason that many mindfulness practices for adults ask us to focus our attention on all five of our senses -- sensory play is grounding and helps us to develop an awareness of our bodies and focus on something outside of ourselves and our worries.



Because slime is so stimulating, squishing it becomes a totally immersive experience putting us in a state of flow -- the mental state in which a person is fully engaged with and focussed on the process of their activity. The tactile sensation can work just like meditation to direct our attention away from emotions and stress so we can regroup and be better equipped to deal with our stressors.



Playing with slime also provides some additional neurological benefits that add to our overall well-being. For example, kneading and squeezing can cause the brain to release endorphins -- our body's natural sedatives, pain relievers, and mood boosters. The action of squeezing causes your hand and wrist muscles to contract and relax. Repeating this action over and over releases tension in the muscles and stimulates the nerves connected to the limbic region of the brain causing a feeling of calm.

The experience of stretching, folding, poking, kneading, and smooshing creates a symphony of slurps, burbs, and pops that can trigger even further relaxation -- Autonomous Sensory Meridian Response, or ASMR. It's a physical response to certain audio and visual stimuli that causes a tingling sensation, often from your scalp to the back of your neck and down to the base of your spine. It is a profoundly pleasant and soothing feeling that slime can help bring on.



In times of despair it's encouraging to know that little things like slime can have such a big positive impact on our mental health. It's like having a little joy in a jar! If you want to learn more or you're ready to get your hands on some slime yourself -- **check out [SlimeObsidian.com](https://www.slimeobsidian.com)!**

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