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Fidget spinner - Wikipedia

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20 Stress Relief Techniques to Chill Out ASAP | Shape

1. Introduction. Chewing is known to be a stress coping behavior in stressful situations , and various reports have addressed the stress-relieving effects of chewing.Suzuki et al. measured fluctuations in blood concentrations of the stress hormones adrenaline, noradrenaline, and adrenocorticotrophic hormone, and reported that these secretions were inhibited by gum chewing.

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