

How to Make a Stress Ball with Flour - A Simple Method to Make Your Own Stress Balls

Stress balls can be a great help to lower your levels of stress. Not only that, they can also help with improving your coordination, prevent debilitating illnesses such as arthritis and rheumatism, stimulate blood circulation and help with relaxation techniques such as meditation.

Just follow the method outlined below and you will have a nice homemade stress ball without the mess.

You Will Need to Have:

1. A small size, thick round balloon.
2. An empty 2 litre plastic drinks bottle.
3. Corn starch or flour for filling the balloon.

The Technique:

1. Put your corn starch or flour, into the empty 2 liter plastic bottle.
3. Stand the bottle upright and put the balloon over the bottle rim without blowing it up.
4. Squeeze the bottle to partially inflate the balloon with air.
5. While still squeezing the bottle, turn it upside down and shake the corn starch or flour down into the balloon.
6. Release your grip on the bottle, and work any excess starch back out of the balloon, together with any excess air. This lets the starch settle and allows any excess filling to go back in the bottle.
7. Squeeze the end of the balloon at the bottle rim and turn the bottle back upright, carefully take off the balloon and tie it as near to the filling as you can.

After you finish making your stress ball, you might want to decorate it with stickers, or paint a face on it. It is best to make sure your decorations will not irritate your skin or come off on your hands when you squeeze it.