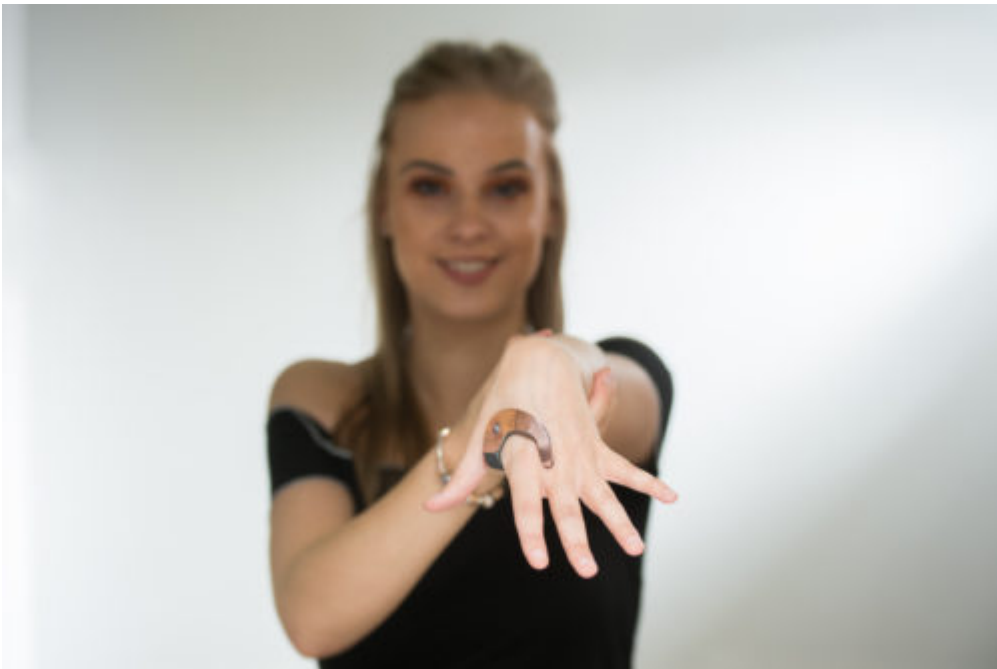


# Jewellery to combat anxiety

Retail therapy can often be prescribed to help improve mood or disposition.

However, an Edinburgh Napier student has taken this a step further by developing a range of jewellery that actively calms an individual when worn.

Product Design student Morgan Gibson has designed 'Hoku' – a ring that when worn targets certain pressure points in the hand that can alleviate stress, anxiety and even pain.



On display as part of the University's Showtime Degree Show, the attractive piece of jewellery is inspired by the Hoku point located in the webbing of a hand between the thumb and index finger.

Used in traditional Chinese medicine and acupuncture, when pressed, the Hoku point can be used to relieve headaches, as well as joint and muscle

pain anywhere in the body. It can also be used to help soothe and calm an individual, as well as in periods of grief.

Morgan's piece of jewellery is worn on the hand and has been designed to hit the Hoku point and another pressure point near the knuckle of the middle and index finger.

The 3D printed piece – which is finished in a metal overlay and will come with the choice of three gemstones to attach – helps to trigger these points, allowing for a sense of calm to be restored to the wearer.

Morgan was inspired to make the piece after being affected by stress and anxiety all through her school and university life. The 22-year-old from Livingston has struggled with the conditions for a number of years and decided to combine her love of jewellery and design for the greater good of others affected.

She said: "I've always been affected by stress and anxiety for as long as I can remember. Through school and University, it always seems to peak around exam time and when I have to make big decisions. During my research, I found that nearly 30million working days are lost every year due to stress so I really wanted to develop something simple that could potentially help to reduce this number.

"The ring can help people affected by anxiety and it can be

used to reduce neck and back pain. I've been wearing a version regularly and I've definitely noticed a difference.

"It's my plan to develop the piece further and allow interested buyers to tailor it with a specific gemstone, each which come with their own calming qualities.

Gems like Amethyst is known to calm and relax the nerves so adding different stones to help certain healing is definitely something I'm looking to introduce to the piece.

"Feedback on the ring has been great so far. People really feel it makes a difference and it has been a great help to me as I approach the end of my final year in University. I'd love to continue the idea further in the coming months and offer the help to others affected in a similar way."

Edinburgh Napier's Showtime '18 is an annual showcase of the creative talent of new and emerging designers, photographers, filmmakers, journalists, creative writers and actors from its School of Arts and Creative Industries. The exhibition runs within Merchiston campus and is open to the public from 18-27 May.

More details can be found at [www.napier.ac.uk/degreeshow](http://www.napier.ac.uk/degreeshow)