

# Top workplace wellbeing gadgets

Technology is being used to create wellbeing gadgets that make our work life and hours easier and more enjoyable. Here are some of the most useful gadgets that can help to make health, wellbeing and happiness central to your working practices.

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Office Pods come in all sizes to provide a variety of ways to enjoy privacy throughout your working day and enhance your wellbeing. There are pods to have lunch in, enjoy a quiet cup of coffee to yourself in or even have a nap in. Some of the pods are even big enough to hold a meeting or put a desk in and work privately.

*[Discover Office Pod](#)*

The Pip provides a creative way to deal with wellbeing at work as it focuses on reducing stress through the pores on the fingertips. The small device that you touch with your fingertips analyses the user's stress levels which can then be viewed on the Pip app for both iOS and Android.

*[Discover The Pip](#)*

Rotating armrests can adjust their height and width to offer the best support for your arms when working long days on a computer at a desk. The armrests can be rotated backwards helping to prevent pain and tension in the muscles. A wellbeing must for happiness at work.

*Discover Rotating Armrests*

Lumbar is the abdominal part of the torso and is often the part of the back that feels the most pain when sitting down for extended periods of time each day. This memory foam pillow provides supreme back support as the memory foam moulds to the shape of your back, allowing you to sit for longer without pain.

*Discover Lumbar Support*

Working at a desk all day can be terrible for your posture and increase stress. Upright Go is a small device designed to be placed on your upper back to relieve back pain, improve body alignment and posture, strengthen back muscles, develop core strength, therefore your wellbeing at work. Results can then be uploaded and tracked to the Upright Go app on both iOS and Android.

*Discover Upright Go*

*Read also*

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Quick tips to make your office more sustainable

Designed to boost productivity, Saent is a small device that blocks digital distractions, offers timed working sessions and provides a do not disturb button. It is based on the Deep Work technique (working without any distractions) and The Pomodoro Technique, a time management method.

*Discover Saent*

The eBeam Smartmarker is an interactive device that allows its users to capture, share and stream notes from a whiteboard surface by transferring them onto devices such as tablets and smartphones. The smart marker is great for sharing meeting notes with colleagues and collaborators across the country and the world.

*[Discover eBeam Smartmaker](#)*

For those that use a standing desk or simply want to stand up from working at their computers every now and then, the MoovRite board works as a balance board and a footrest. The standing board moves back and forth and from side to side to reduce joint pressure and improve wellbeing and happiness at work.

*[Discover MoovRite Board](#)*

The Cubii Under Desk Elliptical pedal exerciser is a fantastic way to get some exercise while sitting at your desk. The workout pedal allows users to burn calories and possesses a built-in monitor which displays calories, RPM, strides and distance.

*[Discover Cubii](#)*

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