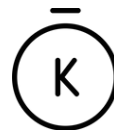


AS SEEN IN



oxygen

oxygen

editor's note

Untangling nutrition

My March-April Obsessed With List

1 Alpha Start Instant Coffee

2 Vital Protein Matcha Collagen

3 Onix Original Sport sandals

4 The Suit

Love McCusker
Editor-in-Chief
@LoveMcCusker
@LoveMcCusker

oxygen



Home > Life

The Shift mindfulness necklace is a soothing tool, but is it worth the cost?

Find out if the Shift is for you.

By [Nicole Gallucci](#) on February 23, 2021



All products featured here are independently selected by our editors and writers. If you buy something through links on our site, Mashable may earn an affiliate commission.



A look at Komusō Design's Shift in four colors. Credit: Komusō Design

So is the Shift worth it?

As mentioned earlier, it's easy to simultaneously harbor two contrasting opinions about the Shift. You can be skeptical about the product, especially if you focus on the price and struggle to shake the idea that the same results could be achieved without a tool's help. However, if you genuinely commit to the stress-relief tool, focus on your breathing, and allow your mind to — for lack of a more apt word — *shift*, the small flute does have the potential to help center and calm you.

The product's design and placement are two undeniable benefits. When it comes to looks, the Shift's small, minimalist design leaves nothing to be desired. The fact that it's masked as a piece of jewelry, worn on your person at all times, and used without drawing attention is convenient. And when things get stressful it really is comforting to know that this device specifically designed to soothe and remind you that things will be OK — much like a weighted blanket — is within reach.

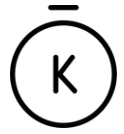
“

If you struggle with mindfulness and forget to take a beat in stressful situations, the Shift's presence on your chest could be a game-changer.

If you think you can successfully learn deep breathing on your own and remember to implement it when you're feeling anxious, by all means, save your money. But if you struggle with mindfulness and forget to take a beat in stressful situations, the Shift's presence on your chest could be a game-changer — a reminder to breathe, count, and sharpen your self-care practices.

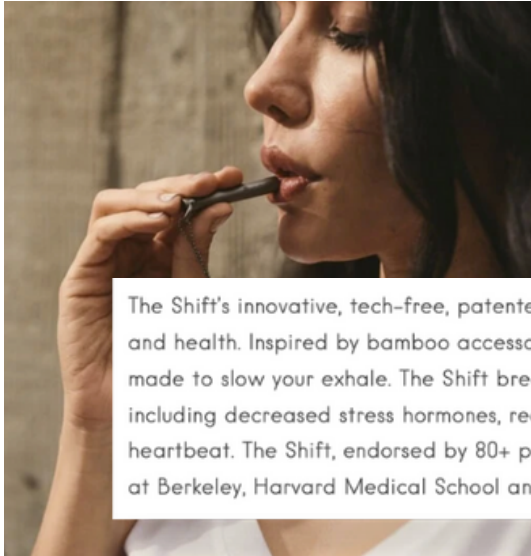
As far as complaints go, due to the coronavirus and by no real fault of Komusō Design, cleaning the tool remains a major concern of mine. The necklace has been around since 2017, but because of its usual placement (resting on the outside of one's shirt) and frequent contact with the mouth, it doesn't seem to be very pandemic-friendly.

AS SEEN IN



PURIST[®]

AN ADVENTURE IN WELLNESS



Inhale Peace, Exhale Stress


Raise your frequency with The Shift by Komuso Design.

The Shift's innovative, tech-free, patented mindfulness tool promotes a connection between breathwork and health. Inspired by bamboo accessories used by Japanese monks, this natural anti-anxiety remedy is made to slow your exhale. The Shift breathing device can provide an abundance of health benefits, including decreased stress hormones, reduced blood pressure, loosened muscles, and a regulated heartbeat. The Shift, endorsed by 80+ psychiatrists nationwide, has also been acknowledged by scientists at Berkeley, Harvard Medical School and Healthline as a powerful way to boost mental health.

Forbes

Wearing Your Therapy: This Necklace Wants You To Breathe Your Way To Better Mental Health



Anna Haines Contributor 
Style & Beauty
I cover wellness and beauty.

Follow

Follow

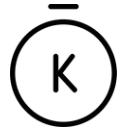


By calming the nervous system through deep breathing, The Shift aims to improve our overall mental health. [-] KOMUSO



But the heightened stress of the pandemic isn't the only reason Komuso is suited to our current moment. "During COVID our conversations are with computers all day," says Todd Steinberg. The entrepreneur has noticed his breathing patterns are the worst when he's on the computer. The constant bombardment of notifications signals our nervous system, causing our breaths to shorten and muscles to tense. Rather than relying on, what Todd Steinberg calls the "rescue breath" when stress reaches a breaking point, the entrepreneur says conscious breathing—taking "preventative breaths"—better equips the mind and body to handle the constant flow of incoming information.

AS SEEN IN



☰ THE WALL STREET JOURNAL 🔍

“According to our anxiety-riddled fashion direction, who bought one in January, it works.”



Ⓚ KOMUSO



WSJ

Exhale, Elegantly

Komuso Design's Shift necklace is conceived to help you chill out in style. According to our anxiety-riddled fashion direction, who bought one in January, it works.

POPSUGAR.

The POPSUGAR Editors' Gift Guide Is Here! Shop 140+ Presents For Everyone in Your Life



December 3, 2020
by [LISA SUGAR](#)



[Komuso The Shift](#) (\$115)

"I had been working on routinely doing a couple different breathing apps before bed to help me relax; they were absolutely great but took over 10 minutes to execute. And they took effort to find a quiet location to center myself. Komuso The Shift is a stylish necklace I can wear every day. It has helped me when I have a particularly stressful day to do just a couple simple inhales and exhales through the shift to help calm and recenter myself." – Lauren Hendrickson, head of Shop and Affiliate Growth

AS SEEN ON

OLIVIA WILDE



 **oliviawilde** Message Follow More
1,898 posts 3.5m followers 421 following
Olivia Wilde
Miniature enthusiast.

oliviawilde • Following

oliviawilde • GOOD TROUBLE .
@rosserriddle ⚡ @consciousco ⚡
@untilfreedom ⚡ @repjohnlewis
1h

jennifer.garner • You, in a nutshell. ❤️
34m 15 likes Reply

karlawelchstylist • God I miss... ur gorgeous face
33m 4 likes Reply

vidiots ❤️
1h 2 likes Reply

Liked by **jennifer.garner** and 19,655 others
1 HOUR AGO

Add a comment... Post



CHRIS
HEMSWORTH

chrishemsworth • Following

chrishemsworth • Edited • 14w
Happy birthday to my dad, the greatest man I know! My hero, my mentor, my inspiration. love ya dad!

komusodesign 14w
That's a gorgeous breathing necklace 🥰
3 likes Reply
View all 1 replies

ifizzlphillips • 14w
Craaaaigo! What a day! What a man!
237 likes Reply
View all 2 replies

2,114,371 likes
JULY 6

Add a comment... 😊