

Place a stress ball beside workplace flowers or fasten it to the outside of their wrapping so it remains clean and within easy reach. Choose a small, comfortable ball, attach it gently, and keep it clear of the vase water and flower stems.

Select a ball suited to the desk

Think about how the ball feels in one hand and how much room the recipient has on their desk. A compact shape can sit neatly beside a vase, while a large novelty design may take up too much space. A simple color can blend quietly with the flowers; a vivid shade is easier to find among pens and notebooks.

Its surface and material matter, too. Some balls are made with soft foam, while others have a smooth exterior. If you know the recipient has sensitivities, look at the package for material details before choosing. In a shared office, skip a ball with a strong smell that could bother people nearby.

Let the workspace guide the size of the whole gift. A person with a crowded desk may prefer a modest bouquet and a ball that can be tucked into a drawer. At a reception desk used by several people, a smaller arrangement leaves more space for daily tasks.

Fasten it gently and leave flowers room

A useful presentation does not need to be complicated. The stress ball should be easy to remove without tugging at petals or shifting the vase. If the bouquet is wrapped, keep the ball on the outside rather than wedging it among the stems.

1. Find a visible place beside the vase or on the outside of the wrapping, making sure the ball does not hide the flowers.
2. For a bouquet that needs to be carried, put the ball in a small paper bag or a loose sleeve fashioned from clean wrapping paper.
3. Attach the sleeve to the bouquet exterior with ribbon or tape. Leave a clear opening so the ball can be taken out without ripping the paper.
4. Make sure the ball cannot touch water or wet stems, and keep tape away from its surface if it might leave a mark.
5. Carefully lift and set down the flowers to confirm the ball stays put and the vase does not become unsteady.

If the flowers are already arranged in a vase, simply place the ball beside it. A brief note can help the recipient understand that the ball is part of the gift. You may lean a card against the vase, as long as it does not throw off the arrangement's balance.

Keep the gift practical to use

Before setting the flowers on a desk, check that they will not get in the way of a screen, keyboard, or path through the workspace. If the recipient is not there, choose a steady surface and a position where the vase is less likely to be bumped. During any move, keep the ball apart from water that could spill.

A small bunch of flowers and a practical desk item can share a gift without lots of packaging. Leave room around both, so the flowers can be enjoyed in place and the stress ball can later stay close at hand.

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