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Love to Gossip? It's Actually Good for Your Mental Health, Researchers Say

IF YOU DO IT THE RIGHT WAY, THERE'S NO NEED TO FEEL GUILTY ABOUT THIS HABIT.

By **LAUREN JARVIS-GIBSON**   FEBRUARY 4, 2023

Gossip can also make you feel less lonely, explains psychiatrist **Faisal Tai**, MD. "Gossiping helps form connections between people, and in certain circumstances, informs people of things they did not know previously," he explains to *Best Life*. "Because it can make you feel less isolated and more connected, it appears that gossip has the potential to lift your mood and perhaps improve your mental health."