

BESTLIFE

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."

Tai agrees with this sentiment, saying, "When gossiping largely consists of consisting of negative sniping, it can make people feel guilty and ashamed of themselves. In addition, when family, friends, and even colleagues hear you gossiping about someone, it can make them wonder what you may be saying about *them*. This can make building trusting relationships harder or even impossible, and leave the person gossiping more socially isolated, and therefore potentially more **depressed and anxious**."