

# How helping others can put more hours into your day by making you feel like you have more spare time

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## *Daily Mail:*

If you're always feeling there aren't enough hours in the day, the answer could be to do a favour for someone else, say scientists.

Despite the fact it involves giving up some of that precious time, devoting a few hours or even just minutes to others can make us feel as if we actually have more free time, a study claims.

Researchers from the University of Pennsylvania compared the effects of 'chillaxing', or wasting time, and giving time – for example, writing a letter to a sick child.

They found that those who did the latter felt they had more time on their hands, reports the journal *Psychological Science*.

Study leader Cassie Mogilner believes this is because giving away time boosts one's sense of personal competence and efficiency, and this stretches out time in our minds.

She said: 'Our results demonstrate that the way time is spent can also impact time-perception.'

'When individuals feel time-constrained, they should become more generous with their time despite their inclination to be less so.'

Read the whole story: [Daily Mail](#)