

The Surprising Upside to Your Long Workday

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Men's Health:

Those long, stressful days at the office may come in handy during happy hour, finds a new study in Psychological Science.

Researchers exposed men to either a tough or easy mental task, then monitored the men's heart rates and amount of cortisol (a stress hormone) in their saliva while playing a series of trust and sharing games.

The results: Acute stress from the mental tasks made the men more friendly, generous, and trusting during the games.

Being under pressure doesn't just make you more outgoing. Here are three other surprising ways that stress works in your favor. (But keep in mind, stress isn't the only thing that can upgrade your day.

Read the whole story: [Men's Health](#)