This One Thing Makes You a Nicer Person

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Mindfulness — the practice of staying attuned to what's happening in the present moment — is a bonafide health trend right now, and for good reason. Research suggests it can [reduce stress](), help with [problem drinking](), [lower blood sugar levels]() and [help people succeed at work](). Now, according to a new study, it may even help you become a nicer person.

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"When people witness someone being victimized, it's really common for us to get distressed by it," says study author Daniel Berry, an assistant professor of psychology at California State University San Marcos. But that distress doesn't always translate into empathy. "Sometimes that upset is displaced so that we're not feeling upset for the other person; we're just feeling negatively," Berry explains. "When that happens, people actually tend to turn away from the person in need."