

Volunteering Our Time Makes Us Feel Like We Have More Time: Study

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The Huffington Post:

We don't have enough time to do this, we don't have enough time to do that. But a new study suggests that when we give our time away, it helps us feel like we have more time.

Researchers from the Wharton School at the University of Pennsylvania, Harvard Business School and the Yale School of Management found that when a person volunteers his or her time, it makes us feel more efficient, and therefore like we are less stressed and hurried.

The study included results from a number of experiments. In one of the experiments, 218 students at a university were asked to do one of two five-minute activities. One activity required writing a letter to a sick child, while the other activity involved counting the number of letter Es in pages and pages of Latin words.

Read the whole story: [*The Huffington Post*](#)