

# Want to Feel Less Time-Stressed?

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## *The Wall Street Journal:*

Here's a novel suggestion for those who feel they are in a constant race against the clock to get things done: Make some time for others.

While it might seem counterintuitive to sacrifice some of the very thing you think you don't have enough of, our research shows that giving a bit of time away may, in fact, make people feel *less* pressed for time and better able to tick things off their to-do lists.

With Americans feeling starved for time to such an extent that scholars have declared a "time famine," we began searching for a cure by asking: When people feel pressed for time, what activities are they most likely to forgo? And, could the very activities people are quickest to cut be the ones most likely to cure their famine?

Read the whole story: [\*The Wall Street Journal\*](#)