

# Why Having Too Much Free Time Can be as Bad for You as Having Too Little

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Have you ever had one of those days — that turned into weeks — when you had approximately 645 things to do and not a single minute for leisure time?

Like many of us, Cassie Mogilner Holmes sometimes feels as if she lives in that state. She also — and this will probably sound familiar — has entertained the idea of trading all those obligations for a desert island.

Instead, Holmes, a professor of marketing and behavioral decision-making at UCLA's Anderson School of Management, decided to research whether extra free time would actually make her happier. It turns out that reclining alone on a beach all day might not be as ideal as it sounds. "To that initial question, 'Shall we quit everything and go live on a desert island?' The answer is no," Holmes says. "We would not be any happier."

According to [study results published earlier this month](#) in the Journal of Personality and Social Psychology, an individual's well-being increases in correlation with their free time — but only to a certain point. Although having too little free time isn't healthy, having too much also diminishes well-being.

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