

Forget _____ people gave you about not gossiping. Researchers have just discovered that gossip _____ our health. Scientists from the University of California say that having a good gossip has _____ for both the gossip and the listener. They say it can help control bad behavior towards others and _____. This means the office gossip _____ a help than a nuisance. However, it may make the person _____ more stressed.

The scientists did _____ tests on people to see the effects of gossip on our brain. They asked those taking the _____ different kinds of "pro-social" gossip – this is information _____ untrustworthy people. Dr Robb Willer, co-author of the study said: "Gossiping made them feel better....Gossip _____, but we're finding evidence that it _____ role in the maintenance of social order." Maybe next time you're _____, you should pass on some juicy gossip.