

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.