Study: Generosity helps lower blood pressure

By Ashley Whillans, Washington Post

Every day, we are confronted with choices about how to spend our money. Whether it’s thinking about picking up the tab at a group lunch or when a charity calls asking for a donation, we are faced with the decision to behave generously or not.

Research suggests that spending money on others can improve happiness, but can it also improve your physical health?

There is some evidence that donating time can improve physical health, but no one had looked at whether donating money has the same effect. So my colleagues and I at the University of British Columbia conducted an experiment to find out if spending money on others could lower blood pressure.

Read the whole story