

happiness flash

Split dividends Breakups are brutal, but some may actually benefit you. After a separation, many women experience positive emotions such as increased confidence, particularly if the relationship was unhealthy, researchers at Monmouth University in West Long Branch, New Jersey, reveal. Reap postparting perks by doing the things you adore but your ex didn't. (Buy those ballet tickets!)

Lost in translation There's a reason why a fellow plane passenger may understand your latest life drama better than someone in your inner circle. We're more likely to use clear and descriptive language when relaying new information to strangers because we assume our intimates will catch our drift, a study in *Cognitive Science* shows. To improve communication with your nearest and dearest, skip the verbal shorthand and spell it out.

◀ **Flower power** Trying to memorize your maid of honor toast? Sniffing a recognizable scent such as roses while you study and again while you're asleep can help you retain information, a report in *Science* finds. To hit the right notes, spritz your pillow with the familiar aroma before the big day.

Web of woe The source of your job stress could be the sites you're required to surf for work. Websites that load slowly and are tough to navigate can increase heart rate and sweating, the Social Issues Research Centre in Oxford, England, reports. Take a second and step away from your computer when a page starts to agitate you.

Color you brilliant Red is so associated with failure that using it on a report may lead others to evaluate your work critically, experts at the University of Rochester, New York, note. Our advice? Eliminate the scarlet ink.

Cycle through it You may feel your self-control is shaky during your period, but a study in the *Proceedings of the National Academy of Sciences* indicates that your brain's reward center, which governs behavior such as eating, is most active before you ovulate. Steer clear of the candy aisle!

Mum's not the word Confiding in your parents may help keep you healthy, according to a study in *Psychosomatic Medicine*, which linked trusting intimate relationships with higher immunity. Open up to your folks by sharing more personal stories. You might even avoid a sick day or two.



Put blooms by your bed to ramp up your memory.