

Wellbeing Poster

Our wellbeing poster this week looks at the benefits of reading and is taken from work by the [Markham Public Library](#).

Aside from leisure and education, reading enables us to learn new words and to maintaining mental health and here are the top 10 benefits of reading for all ages:



1. Reading Exercises the Brain

While reading, we have to remember different characters and settings that belong to a given story, remembering details throughout the time taken to read the book. Therefore, reading is a workout for your brain that improves memory function.

2. Reading is a Form of (free) Entertainment

The most of the popular TV shows and movies are based on books, so why not indulge in the original form of entertainment by immersing yourself in reading?

3. Reading Improves Concentration and the Ability to Focus

Reading cannot happen without focus and in order to fully understand the story, we have to concentrate on each page that we read. In a world where gadgets are only getting faster and shortening our attention span, we need to constantly practice concentration and focus. Reading is one of the few activities that requires your undivided attention, therefore, improving your ability to concentrate.



4. Reading Improves Literacy

Books have the power to improve vocabulary by introducing new words. The more you read, the more your vocabulary grows, along with your ability to effectively communicate. Additionally, reading improves writing skills by helping the reader understand and learn different writing styles.

5. Reading Improves Sleep

By creating a bedtime routine that includes reading, you can signal to your body that it is time to sleep. Setting screens aside and picking up a book, you are telling your brain that it is time to quiet down.



6. Reading Increases General Knowledge

Books are always filled with fun and interesting facts. Reading a variety of topics can make you a more knowledgeable person, in turn improving your conversation skills.

7. Reading is Motivational

By reading books about protagonists who have overcome challenges we are can be encouraged to do the same. The right book can motivate you to never give up and stay positive.

8. Reading Reduces Stress

Reading has the power to transport you to another world and away from daily routine, therefore can decrease stress, lower heart rate and reduce blood pressure.



9. Reading Sets a Positive Example

Reading is a key component of early literacy development. Children are excellent at mimicking the adults around them which means that if you regularly set aside some "me time" for reading, your children will learn to do the same.

10. Reading Teaches Empathy

Books allow us to experience realities outside of our lives. They teach us to relate to others by often putting us in the shoes of the narrator. This simple technique is called empathy. Empathy is defined as the ability to understand and share the feelings of another. Reading builds on empathy by constantly presenting us with thoughts and scenarios outside of our usual perspective.

