



WHY IS READING IMPORTANT?

10 ways reading benefits us and why we should cultivate a reading habit today



SHARPENS YOUR MIND

By concentrating on the words and the story line, it stimulates your brain. This particular stimulation can help sharpen your mind, especially the part of the brain that is responsible for concentration and critical analysis.



INCREASES YOUR VOCABULARY

When reading, you might come across a few words you don't quite understand or even recognise. This confusion can lead you to look up the word and discover the definition.



LOWERS YOUR STRESS

The act of reading and focusing on the written word can help relieve your mind off the pressures of the day. By pulling your mind away from the stress at hand, you can relax and let the stress melt away.



DECREASES YOUR DEPRESSION

Reading, especially self-help books, can help ward off depressive occurrences. Just like with lowering your stress levels, reading stimulates the part of the brain that deals with depression as well.



IMPROVES YOUR MEMORY AND FOCUS

Reading at least a little each day can improve your focus and your memory function. In this instance as well, reading stimulates the brain, particularly the part of the brain that helps with memory and attention.



STRENGTHENS YOUR WRITING ABILITIES

Whether you write things for work or just for fun, heavy reading can improve your writing skills and abilities. There are several ways in which reading can help strengthen your writing skills, and each of these ways happens without you even realising it.



ENHANCES YOUR IMAGINATION

Consider the worlds that you are immersed into and the characters you come across while reading a novel. Because of these worlds and characters, the part of your brain which houses your imagination is stimulated, causing you to imagine what the places and people look like just by picturing the words.



BOOSTS YOUR SLEEP

Reading, since it helps you relax and de-stress, can help pull you into a deep and peaceful sleep. That sounds like it might be too good to be true, but reading can, in fact, help you sleep.



ENJOY YOUR ENTERTAINMENT AND PEACE

Any reader knows that reading can be peaceful and induce a relaxing state of mind. By immersing yourself in a good book, you can almost feel any stress or worry melt away.



READING CAN BRIGHTEN YOUR DAY

Books can bring joy to your life on a daily basis. The act of reading is a great benefit both to mental and physical health, but it can also brighten your day.