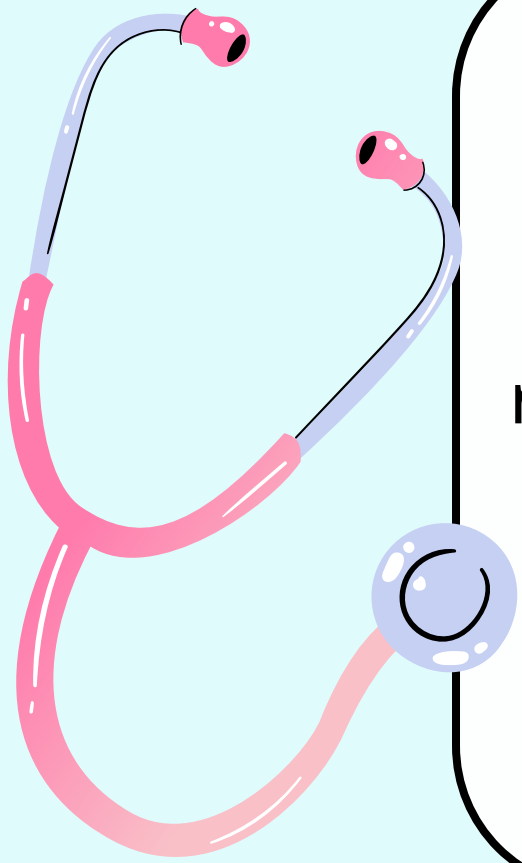
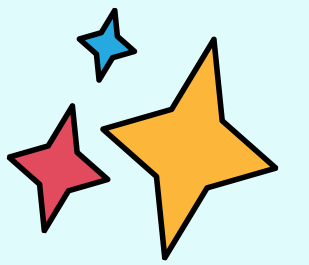
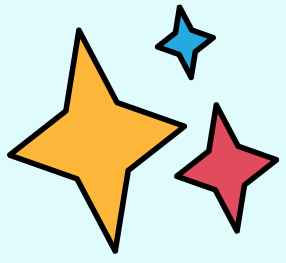


Benefits of Reading

(Backed by Sources!)



PHYSICAL HEALTH

Reading is not just for your mind. Regular reading can lower blood pressure, reduce stress and improve sleep quality (Wright, 2023).

MENTAL HEALTH

Through reading, you can experience a variety of emotions which help build resilience and ability to deal with difficult situations (Wright, 2023)



INTELLIGENCE

Exposure to vocabulary through reading may mean higher intelligence later in life. This reduces the decline in memory and brain function that comes with aging. (Ritchie et al., 2014)

SELF-DEVELOPMENT

Reading fiction gives us an opportunity to experiment with different identities in safe, imagined environments (Slater et al, 2014)

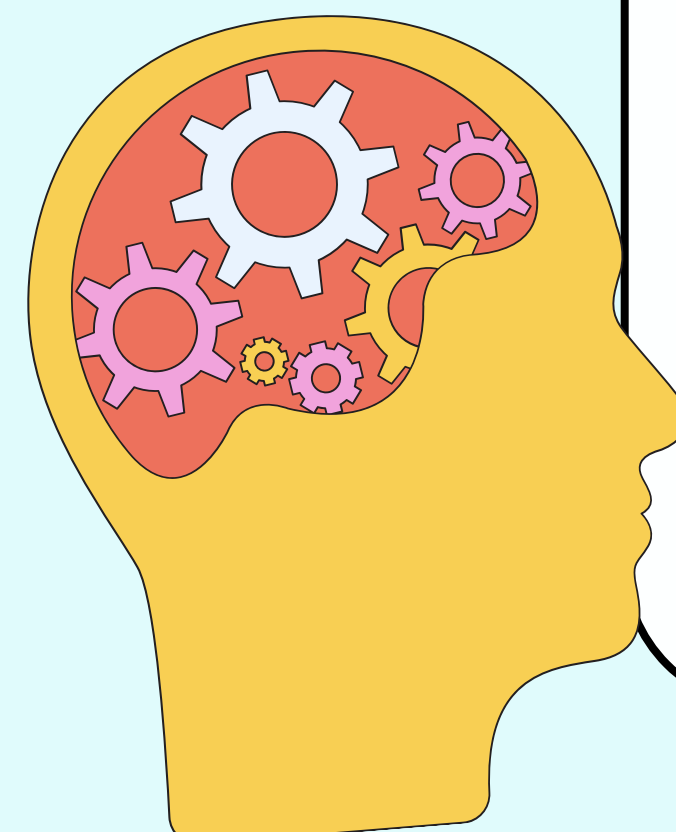
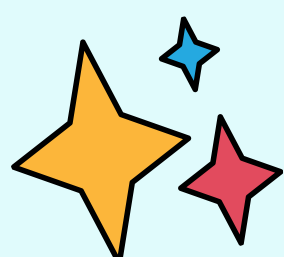
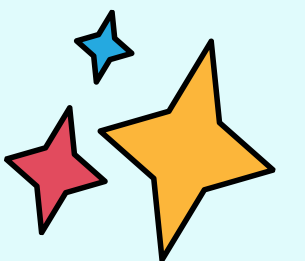


WRITING

There is a direct link between reading and writing. The more you read, the better you write (Jackson, 2008)

EMPATHY

Develop your perspective of the world by feeling transported into a narrative. This can influence empathy and other interpersonal skills (Bal et al, 2013).





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