

Why You Should Read For Enjoyment as an Adult

From a lack of time, energy, or a place to start, it can be easy to not pick up a book for enjoyment. Yet, reading for pleasure is not only a fun activity, but also has psychological, emotional, and physical health benefits attached to it, making reading a valuable use of your time.

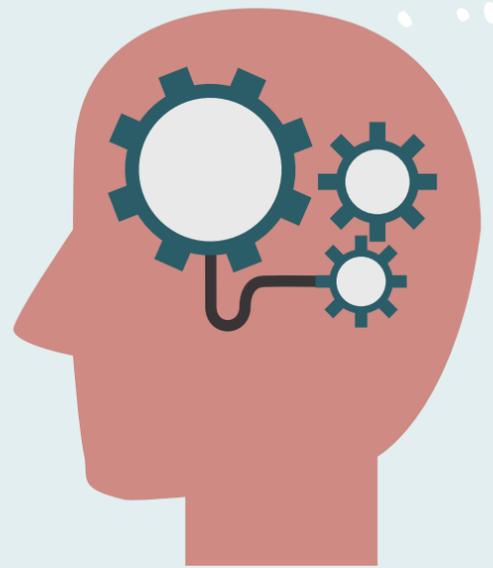


Improves Mental Health

- Reduces stress by as much as 68% (1)
- Healthy distraction to break negative thought cycles seen in panic or anxiety disorders (2)
- Bibliotherapy (the use of books as treatment of mental illnesses) is effective in treating a variety of mental health issues (4)

Strengthens Your Brain

- Improves neural connection pathways in your brain (5)
- Helps increase working memory (5)
- Can slow the process of dementia or Alzheimer's (2)



Enhances Empathy

- Allows you to broaden your perspective of the world (2)
- Those who read novels have an increased ability to empathize with those in their lives (3)
- Helps you experience and process a variety of emotions through the eyes of the main character (1)



Improves Quality of Sleep

- Can help relieve symptoms of stress and anxiety that cause decreased quality of sleep (2)
- Helps you "switch off" from your daily life (1)
- Requires mental activity which can tire the brain and help you fall asleep easier (2)



Boosts Focus and Concentration

- Getting lost in a novel reduces distractions or urge to multitask, increasing capacity to focus (2)
- Builds up mental stamina for completing taxing or stimulating tasks (6)
- Link between reading proficiencies and the ability to pay attention (6)



For more information on why you should read for enjoyment as an adult, check out the sources listed below



Sources

1. <https://www.kumon.co.uk/blog/why-is-it-important-we-read-as-adults/>.
2. <https://www.blinkist.com/en/importance-of-reading>.
3. <https://www.healthline.com/health/benefits-of-reading-books>.
4. <https://www.verywellmind.com/what-is-bibliotherapy-4687157>.
5. <https://www.bustle.com/p/what-does-reading-do-to-your-brain-these-5-effects-are-pretty-astounding-74676>.
6. <https://deskttime.com/blog/can-reading-make-you-more-productive>.

