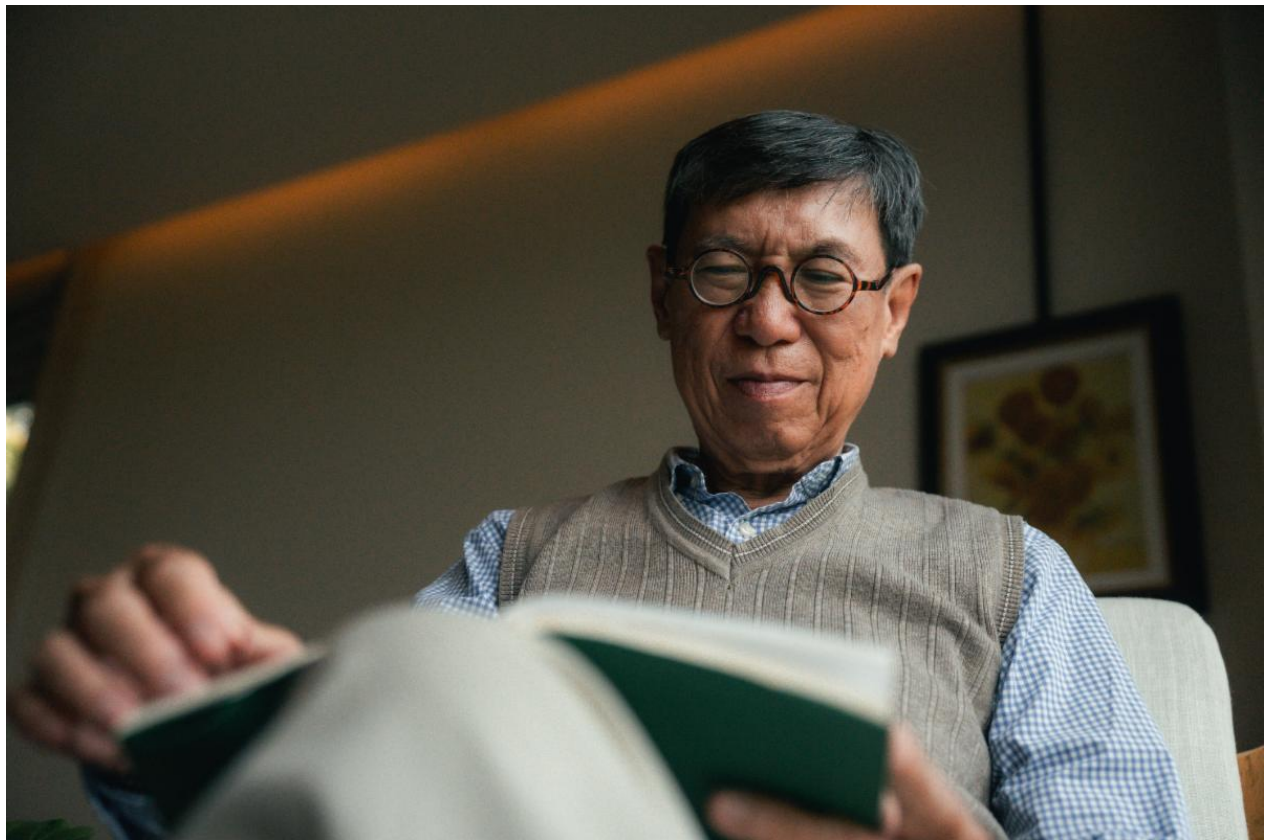




A Healthy Read

There is nothing better than sitting down with a book you've been looking forward to reading. Even better, research shows there are health benefits to reading. According to [Very Well Health](#), the physical and mental benefits include:

- **Reducing Stress**-A 2022 review of five studies, showed that reading fiction helped reduce stress and had an immediate positive impact on mood.
- **Slowing Cognitive Decline**-Studies show that reading helps maintain the ability to remember, reason, and learn added information. Researchers noticed it also helped short and long term memories.
- **Living Longer**-According to research at Yale University, reading has reduced mortality by 20%. They found that reading fiction, in particular, for at least thirty minutes a day added “an average of two years” to the lifespan of the reader.

According to Dr. Samantha Henry, assistant professor of Neurology at [Baylor College of Medicine](#), practicing mindful reading offers even more benefits. Henry suggests starting with a smaller passage, reading slowly and bringing your thoughts back to the text whenever they drift off. It is a bit more structured as to avoid skimming or trying to multitask. It requires a quiet space for just you and the book, to sit with the content in a deeper way.

While the benefits of reading are known to apply to all genres, **it was fiction that had the most benefits**. Additionally, according to [Healthline](#), **re-reading a favorite book boosts not only your emotional wellbeing, but it increases social connection** as well because you can talk about it on a deeper level.

If you are short on time, try to squeeze in any reading you can, even a few paragraphs for a couple of minutes every day. Researchers also noted to **try to read from a book, not a device**. This

distinction is important for memory; they found those who read off a physical page remember more. It also causes less eye strain.