

Wellbeing Book Quote



Why not take some 'me time' this week and find a quiet corner where you can escape the daily stresses and unwind with a book. Reading for pleasure has so many benefits, especially on improving wellbeing. It has been said that reading is one of the best ways to reduce stress and can reduce stress levels by up to 68%. It can reduce the symptoms of depression, improve sleep and reduce loneliness as literature helps us to feel connected to people and stories. Other benefits also include helping to improve our relationships with others, improve empathy as well as boosting intelligence and increasing lifespan.

There has never been a better time to pick up a book!