

READING IS GOOD FOR YOU

On average, readers have better:



Physical
Health



Empathy



Mental
Health

Reading for as little as 6 minutes can



=

60%

STRESS

+



+



reduce stress by 60%, slow heartbeat, ease
muscle tension and alter your state of mind

Reading reduces stress:

68%

100%

300%

600%

more than:



Listening
to music



Drinking a
cup of tea



Going for
a walk



Playing a
video game