

Developing a love for Reading

Reading is for everyone! Regardless of your reading level, we can all learn and benefit from some regular daily reading... Practice makes perfect!

Why should you read everyday?



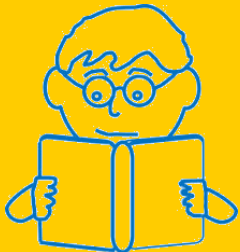
- Studies have shown that reading on a daily basis can help prevent the likelihood of Dementia & Alzheimer's occurring through keeping your brain active & engaged.
- Just like any other muscle in your body, your brain requires exercise to keep it strong & healthy, meaning that reading is a great way to keep your brain fit.
- Reading comes in a wide range of shapes & forms making it an affordable entertainment option for many people. You may like to read magazines, novels, biographies or self help guides. You may also be able to borrow books from the local library or download e-books online for free or at a minimal cost.

Did you know that?

- Reading can reduce stress: a well written text can distract you from issues that have been bothering you by taking your mind away from problems & allowing tension to drain away & encouraging you to relax.
- Reading improves your focus & concentration: reading for 15-20 minutes each morning can boost your attention span which allows you to be more productive throughout the day ahead.
- Novels are great for your thinking skills: reading a story stimulates your critical & analytical skills which are great for assessing problems and creating solutions.
- Reading boosts your memory: through remembering a plot & characters, you are improving your short term memory skills. A well trained short term memory can also stabilise your mood.



Becoming better with words



- Reading can benefit your communication skills, as reading on regular basis expands your vocabulary. Having more words in your everyday vocabulary allows you to speak & write more confidently which in turn boosts your self esteem.
- Everything you read fills your head with new information. Exposure to well written & informative texts improves your knowledge base. Reading helps you learn, keeps you up to date with new trends & gives you an awareness of a wide range of topics.
- A broad knowledge base can improve your decision making skills. The more knowledge you have, the better equipped you will be to deal with challenges throughout your life.

Monday Motivation is presented to you by Suncare Community Services - Drought Relief Program

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