

THIS MONDAY, LOSE YOUR STRESS BY LOSING YOURSELF IN A BOOK

According to research, reading fiction can reduce stress levels up to 68%. It's actually more effective than listening to music, sipping tea or taking a walk. Here's why:



When your brain is engaged in the story, your heart rate slows and your muscles relax.



Reading helps focus your energy and improves your concentration.



Reading fosters empathy as you immerse yourself in the lives of the characters.



Spending just six minutes reading has been shown to decrease stress. So make time each week to read.