

Mental Health Benefits of **READING A BOOK**

ALLEVIATES STRESS AND ANXIETY

Reading has been shown to reduce stress by lowering heart rates and blood pressure, improving sleep patterns, and reducing cortisol (stress hormone) levels.

BUILDS EMOTIONAL INTELLIGENCE

Books can help children and teens recognize and name feelings, as well as find connections with characters and themes so they don't feel alone in the world.

EXPANDS CREATIVITY AND IMAGINATION

Reading invites people to use their brains to explore people, places, times, and events beyond their own experiences; as well as exposure to different ideas.

