

Let's celebrate World  
Book Day with

**5 benefits of  
reading!**



1.

## Stress reduction

Reading a good book stimulates your brain muscles and keeps them healthy and strong.



2.

## Improved memory

Every new memory you  
create when reading  
makes more brain  
connections!





3.

## Better concentration

Try reading for 15 minutes  
before work and you'll be  
more focused during the  
day!



4.

## Better sleep

Reading is a great way to close the day because it relaxes and calms the mind.



5.

## Improved vocabulary

The more you read, the  
more words you learn!

