

Cultural Daily

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How Reading Benefits the Workplace

Our Friends · Thursday, May 9th, 2019

When was the last opportunity you had to really sit down and read something that was substantial, like a long-form article in a magazine or an intriguing book? As much as you may love and value reading, it can be incredibly difficult to make the time for it sometimes. However, you don't want to keep missing out on all of the wonderful benefits that reading—especially when it can improve your workplace productivity! Here are 5 reasons to pick up a book today:

Reading Reduces Stress

Work can be a huge source of stress for many people. Cozying up to a really good book is something that can magically transport your mind into the wonders of a whole other world, taking you away from any of your immediate worries and concerns. This is a great way to reduce your stress level.

Being able to let go and lose yourself within a book creates the ultimate form of relaxation – everybody craves a way to escape the craziness of their everyday life. [Self Development Secrets](#) has some helpful tips for how to fit reading into your busy schedule so that you don't become overwhelmed by stress.

It Can Promote Good Mental Health

If reducing your stress levels isn't enough, reading offers plenty of other mental health benefits as well. There have been studies that show that people who read more and keep their brains activated are much less likely to be affected by Alzheimer's disease later in life than people who rely on activities that are less stimulating during their downtime.

Just like all of the other muscles in your body, your brain requires regular exercise in order to remain healthy and strong. When it comes to growing the strength of your mind, you better use it or lose it. Aside from reading, playing games and doing puzzles are other great activities to encourage cognitive stimulation.

Grow Your Knowledge

Every book or educational article that you read will fill your mind with new snippets of information, and you can never tell just when this information will come in handy. You will be better equipped to handle any challenge that comes your way if you take in more information. While friends and monetary possessions can come and go, knowledge will be with you for life.

Part of this knowledge expansion is that your vocabulary will also greatly benefit from regular reading. The math is simple – the more that you read, the larger the variety of words are that you are exposed to. This will then increase the variety of words that make their way into your everyday vocabulary.

A huge benefit of having more words under your belt is that it can make you more well-spoken and articulate. This is incredibly important in both your professional and personal life. If you are interested in learning a new language, reading books is also essential for that.

Increase Your Thinking Skills

Reading is a great opportunity to enhance your analytical thinking skills, which is a crucial problem-solving skill at work. For example, have you ever started a fascinating mystery genre novel and figured out the mystery yourself, before you even finish the book? This is when your mind puts its analytical and critical thinking skills to work by taking note of every detail that is provided and storing that knowledge to determine the final result.

Better Writing Ability

Being exposed to writing that was well-written has a significant effect on your own writing as far as fluidity, cadence, and even writing styles. In a similar manner to how a musician may influence the music of another, and how painters master techniques created by their predecessors. Writers can also improve their craft by observing the completed works of others.

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