

Reading is good for our brains, our mental health, among other benefits



A 22-country-survey by the Global English Editing, in 2020, showed a 35% increase in reading habits due to the coronavirus pandemic.

These are very good news, since reading can be a way to entertain ourselves, stay up to date with current events, or acquire more knowledge, as it is already known.



Did you know?

Some studies show that reading affects our brain in a similar way to how it works when we are experiencing real life events.



Therein lies a great opportunity to live new experiences, even while going through these situations of social isolation.

Researchers have pondered, however, about other types of benefits that could be gained from reading. Have a look:

- A research carried out by the University of Sussex (UK) indicated that the habit of reading can reduce our blood pressure, heart rate, and lower our stress levels by up to 68%.



- Researchers at the Yale School of Public Health (USA) found that people who read regularly are 20% less likely to die within the next 12 years than those who do not read.



- The Pontifical Catholic University of Rio Grande do Sul (PUCRS) highlights that reading expands our vocabulary, improves our writing, stimulates creativity, and helps develop our critical thinking.



- According to the Medicine Institute of the Federal University of Minas Gerais (UFMG), reading habits can stimulate synapses that counteract the effects of diseases such as Alzheimer's.