

Reading

Reading is one hobby that will help stimulate your mind and may help you to decrease stress. Here are a few benefits of reading:

- **Reading is an active mental process.** Reading makes you use your brain. While reading, you are forced to think about and apply reason to many ideas and concepts that may be unfamiliar to you. The grey cells of the brain are used in this process and help you to process and learn new information.
- **Reading improves vocabulary.** While reading books, especially challenging ones, you will find yourself exposed to many new words you might not encounter otherwise.
- **Reading provides knowledge of other cultures and places of the world.** Reading gives you an insight into the diversity of ethnicity of other peoples, customs, lifestyles, etc. You can learn about different regions or countries, and the cultures indigenous these regions.
- **Reading improves concentration and focus.** It requires you to focus on what you are reading for long periods of time. Constantly concentrating on what is being read will allow you to improve the quality and length of your focus, and eventually lead to improved concentration.
- **Reading improves memory.** Reading requires remembering details, facts and figures. In literature, plot lines, themes and characters must be remembered in order to follow a story.
- **Reading can improve creativity.** Reading about diversity of life and exposing yourself to new ideas and more information helps to develop the creative side of the brain as it imbibes innovation into the thinking process.
- **You always have something to talk about.** Reading widens your horizon of information. You'll always have something to talk about with others.