

## **BENEFITS OF DEVELOPING GOOD READING HABITS: A PERSPECTIVE**

*by:*

**Ronel S. Asuncion**

*Teacher III, Sto Niño Bataan Elementary School*

Nowadays, everyone is seen occupied with a digital device, busy on some social media application, or binge-watching their favorite show. Still, at the same time, this generation has become depressed, lethargic, and lazy with zero motivation and intellect. These bodies are tired of the monotony and doing nothing needs an activity that is refreshing for the mind and provides long-lasting benefits. Reading books is a hobby that genuinely fits the criteria of this activity.

These days, only a few of us read books. It seems like the social media trend is more tempting and fascinating than the era of books. But have you ever wondered if reading books is beneficial for us in many ways? Thus, in continuation of that, here are several benefits to reading.

**Stress buster.** Reading often helps as a stress buster for us. It helps keep our minds diverted and busy. It gives us a break from everyday issues and has a relaxing, soothing effect.

Reading arouses your brain. We exercise to keep our bodies fit and refined to work correctly. In the same way, our minds need exercise in the form of reading. As we read, our minds become more active and work more effectively. It boosts our mental health and helps to keep our minds piqued.

Reading works as a memory enhancer. The habit of reading regularly makes your mind sharper. Another benefit of regular reading is that it helps you recall things more quickly. and feeds your prevailing memory's appetite.

It makes you attentive and determined. In this modern era, where everything is possible at the fingertips, our minds have become less active in memorizing things and keeping them in our minds. But if you read regularly, it will help you to remember things and keep them in mind.

Gives life lessons. Reading allows us to go through other people's life experiences and learn life lessons. Reading makes a person make wise decisions. A person who reads regularly is more likely to achieve his desired goals as he is aware of the journey through reading. So, reading provides us with experiences that a nonreader can never imagine having.

Enhances imagination and creativity. Reading enables a person to visualize and imagine scenarios as they read, and it would not be wrong to say that the reader has a perfect image. This not only makes the reading process ecstatic but also boosts the reader's creativity. Those fond of reading always have innovative ideas and thoughts, which they reflect on through their discussions, work, and overall lifestyle.

Reading books is a habit that provides us with luck and joy and nourishes our mind and soul simultaneously. Thus, it is the best activity that one can do to pass their leisure time and enjoy it without needing the company of another person.

*References:*

<https://safsms.com/blog/benefits-developing-good-reading-habits/>