

OPEN-MINDEDNESS BROUGHT BY READING

by:

Maria Lourdes A. Sunga

Teacher III Culis Elementary School

“The mind, once stretched by a new idea, never returns to its original dimensions,” according to Ralph Waldo Emerson (Towarnicky, 2017).

Open-mindedness is not just sticking to one’s own beliefs, instead, it is the consideration of lots of different possibilities, concepts, and ideas. Being open-minded broadens one’s horizons through collections of new learnings, gains experiences, and learning different cultures.

Some of us, if not all, tend to fight and stand firm on our point of view to what we feel is right, therefore, rejecting others’ which becomes a burden to self-growth and development through the journey of life we take. Life has too much to offer as well as our surroundings that we should always welcome the possibilities. “Keep reading. It’s one of the most marvelous adventures that anyone can have,” according to Lloyd Alexander (Kidadl Team, 2021)

Based on the concept written by Stanborough in her study entitled Benefits of Reading Books: How It Can Positively Affect Your Life which was released in 2019 and was medically reviewed by Heidi Moawad, one way to become open-minded is through regular reading. An individual will be able to improve brain connectivity and increase one’s vocabulary and comprehension. It empowers us to empathize with other people. Clinically speaking, it also aids in sleep readiness, reduces stress, lowers blood pressure and heart rate, fights depression symptoms, and prevents cognitive decline as we age (Stanborough, 2019).

Moreover, reading helps us enhance our reading ability, comprehension, and intelligence. It has the capacity to make us more knowledgeable about the world we live in. Reading helps us become good problem-solvers during crucial times. It also improves our skills to be better communicators and facilitators of knowledge. Most importantly, it gives us the opportunity to pause and think or comprehend the meaning of what we have read.

Hence, engaging and adapting ourselves to innovations and challenges from the ever-changing realities of the world around us with an open mind is the best way to work on it, and wholeheartedly embracing new ideas and opportunities would be very significant. As we broaden our horizons, it helps us gain a new and different perspective in life that makes us less scared and more open to changes. We tend to look positively at some things from another point of view which helps us to act not be intimidated and become optimistic in nature.

References:

Kidadl Team, 85 Inspiring Reading Quotes For Kids To Enjoy,

<https://kidadl.com/>...>Collections>, March 4, 2021

Stanborough, Rebecca, Benefits of Reading Books: How It Can Positively Affect Your Life,

<https://www.healthline.com>health> - October 15, 2019

Towarnicky, Jack, "The mind, once stretched by a new idea, never returns to its original dimensions," - Plan Sponsor Council of America (PSCA), Arlington, VA,

<https://www.pzca.org>news>blog>, Nov. 2, 2017