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Bookworm Central

When is the last time you curled up with a good book? Over the years, society has transitioned to smart phones, tablets, computers or E-readers to read; flipping the pages of a book, newspaper or magazine is just not as common anymore. There is just something about opening a new book, hearing the crack of the spine and turning the pages one-by-one, that makes for a good experience. Not to mention, you will never run low on battery power. Reading a book actually has health benefits too.



Mental Stimulation – Studies have shown that staying mentally stimulated can slow the progress of (or possibly even prevent) Alzheimer’s and Dementia. Keeping your brain active and engaged prevents it from losing power.

Stress Reduction – One 2009 study by Sussex University researchers showed that reading may reduce stress by as much as 68%



Reading before bed can help you sleep – According to the Mayo Clinic, a bedtime ritual, like reading before bed, signals to the body that it is time to wind down and go to sleep. E-reader screens can actually keep you awake longer and interfere with sleep.

Increased intelligence/ Knowledge – Everything you read fills your head with new bits of information. Dr. Seuss once wrote: “The more that you read, the more things you will know. The more that you learn the more places you’ll go.”

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Vocabulary expansion – The more you read, the more words you are exposed to and they will make their way into your everyday vocabulary.

Important!



Memory Improvement – Characters, their backgrounds, ambitions, history and nuances, as well as the various arcs and sub-plots of each story. Our brains create new synapses (brain pathways) with each new memory, and strengthen existing ones, which assists in short-term memory and recall, as well as stabilize mood. Reading as a good work out for your brain.

Stronger analytical thinking skills – Critical and analytical skills are used when figuring out a mystery novel or critiquing the plot to discuss with other readers.

Improved focus and concentration/ deeper understanding of what you are reading – When reading on the internet, attention is drawn in multiple directions within a short period of time; ads, social media, email, etc. When you read a book, all attention is focused on the story; the rest of the world goes away.



Better writing skills – This goes hand-in-hand with the expansion of vocabulary. Exposure to published, well-written work has noted effect on one’s own writing. Just as musicians influence each other musically, writers learn how to write better by reading the works of others.

We spend enough time on our computers, cell phones and tablets for things other than the enjoyment of reading. Power down and put the screen away; curl up with a good book, maybe a glass of wine or tea, and escape to another world. Your brain will thank you.



Email us topics or specific questions that you would like us to cover.

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The following websites were referenced for this article:

<https://www.lifehack.org/articles/lifestyle/10-benefits-reading-why-you-should-read-everyday.html>

<https://www.realsimple.com/health/preventative-health/benefits-of-reading-real-books>



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