



BalanceWorks® Newsletter

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Your Summer Reading List

Did you know that good old fashioned reading has so many benefits? I'm sure you're thinking, I read every day, from checking out social media, to reading supermarket labels, to going through emails at work, to checking over your kid's homework. However, here we are talking about purposeful reading like sitting down with a good novel, pouring over some poetry, reading an interesting article in a magazine, or even perusing the newspaper.

Think of reading as exercise for your mind. Exercising your brain keeps it healthy and strong. According to Health Fitness Revolution, "keeping your mind active and engaged prevents it from losing its power by sharpening its logical ability". Furthermore, studies show that stimulating your mind consistently can help slow and/or prevent the progress of some degenerative mental illnesses.

Reading can help improve memory. When reading a book there are so many characters and plots to remember in order to comprehend the story. These new memories help you make new synapses and strengthen existing neural

pathways, which assist in short-term memory recall.

Reading boosts concentration. In today's fast paced world, our attention is diverted in so many directions. We have become experts in multi-tasking. Situations like participating in a conference call while cooking dinner, replying to work emails while grocery shopping, or watching a movie while checking Facebook and booking your next vacation have become all too common. Constant distractions can cause stress to rise and lower productivity. Setting time aside to read forces you to focus all of your attention to the story or article. Try reading before bed for a more restful sleep or reading a few chapters of a novel before starting a big project at work to boost productivity.

Reading expands your vocabulary and increases your knowledge base. Reading exposes you to new and varied words and introduces new concepts, ideas, and experiences. According to research from the University of California, Berkeley "Children's books expose kids to 50 percent more words than prime

For more information or support on reading contact the work/life experts at **BalanceWorks®** by calling:

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time TV". Reading is a great way to lay the foundation for a great vocabulary early in life and an excellent way to continuously expand your vocabulary throughout your life.

Reading can reduce stress and help you relax. In fact, "One 2009 study by Sussex University researchers showed that reading may reduce stress by as much as 68 percent". Immersing yourself in a good book or stimulating article can distract you from outside stressors. Instead of focusing on any professional or personal concerns, you can relax and let the interesting subject matter fill your mind.

Genres

As everyone knows there are two main types of book which are fiction, a story made up by the author, and non-fiction, which contains factual information. However, there are so many different genres to choose from, that it is nearly impossible not to find something to read that piques your interest. Some popular genres are:

- Science fiction
- Satire
- Drama
- Action and Adventure
- Romance
- Mystery
- Horror
- Self help
- Health
- Travel
- Children's
- Religion/Spirituality/New Age

- Science
- History
- Math
- Anthology
- Poetry
- Comics
- Art
- Cookbooks
- Journals/Diaries/Memoirs
- Biographies
- Autobiographies
- Fantasy

If you are interested in picking up a book this summer, here are the Top 5 best sellers on Amazon* this week:

Hillbilly Elegy: A Memoir of a Family and Culture in Crisis by J.D. Vance
Milk and Honey by Rupi Kaur
Oh, the Places You'll Go! By Dr. Seuss
The Handmaid's Tale by Margaret Atwood
The Whole30: The 30-Day Guide to Total Health and Food Freedom by Melissa Hartwig

Even with such a small list you can see that there is something out there for everyone, from a memoir, to poetry, to a children's classic, to a fictional novel, to a cookbook/lifestyle book. So this summer take some time to sit back, relax, and curl up with a good book!

**Amazon updates its Best Seller list daily, so this was accurate when it was written, but may have changed since then.*

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