



8 Dimensions of Wellness

INTELLECTUAL



WEEK 3 - DAY 2

WORKSITE WELLNESS

READ FOR FUN

With the busy lives most of us live, it is often hard to find time to read for pleasure.

Reading, especially something you enjoy, can improve your intellect by stretching your mind to think about things you don't normally think about. Participating in a book club, or even sharing a book with a friend gives you the opportunity to expand your mind to grasp new information when you talk about what you have read.



Reading for pleasure is...

- Independent, self-selected reading for a wide range of personal and social purposes.
- The research finds that reading for pleasure can result in increased empathy, improved relationships with others, reductions in the symptoms of depression and dementia, and improved wellbeing .

No entertainment is so cheap as reading, nor any pleasure so lasting.

- Mary Wortley Montagu



Click [Here](#) for a video on Pleasure Reading

Presented by:
The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL