



## How does reading fiction support our wellbeing?

### Positive Affect

Reading can have a positive influence on our mood, making us feel relaxed, calm and happy. Reading fiction can also prompt personal memories and the emotions associated with these.

### Connectedness

Reading can help us feel connected to others, from fictional characters in books, to those in our daily lives and beyond. Reading provides opportunities for discussion and reflection, both of which foster opportunities for connection.

### Personal Growth

Reading enables personal growth by offering opportunities for us to learn more about ourselves and others. It can develop a rich and diverse range of attributes and skills including empathy, perspective taking, reading and language skills, particularly when we deeply engage with the books that we read.

In our new qualitative research project, readers' perspectives of the relationship between reading and their wellbeing will be explored across the life span.

You can learn more here:



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