

KEEP US STRONG, LLC

READING FOR MENTAL WELLNESS

Why Read for Mental Health?

Reading can reduce stress, improve focus, and lift your mood. A few minutes a day can make a big difference in your mental wellness journey.

Benefits of Reading:

- Lowers anxiety
- Boosts empathy
- Enhances sleep quality
- Strengthens brain health

**TAKE A BREAK,
FIND YOUR PEACE**

www.KeepUsStrong.com

