

take

10



minutes
to read

relax,

learn

and

feel good

Join our Take 10 Challenge on Monday 10th May!

Reading for just 10 minutes a day can help you to:

- Feel calm and relaxed
- Reduce your stress levels
- Improve your memory and concentration

Drop everything and read as part of our Take 10 Challenge and help us achieve our goal of 100,000 people reading at once.

literacytrust.org.uk



Reading for just 10 minutes a day can improve our wellbeing. [National Literacy Trust research](#) shows that reading helps us to:

- Feel calm and relaxed
- Reduce our stress levels
- Improve our memory and concentration

We're encouraging people to take 10 minutes out of their busy schedule to unwind with a book, magazine, newspaper- whatever they enjoy reading!

Drop everything and read!

Join hundreds of businesses and schools across the country as they drop everything and read for 10 minutes to improve wellbeing and help us achieve our goal of 100,000 people reading at once.

- [Register here](#) for free resources and more information.
- Read for 10 minutes at 10am on 10th May 2021.
- Encourage your colleagues to join in too! You could do this by sending a calendar invite or adding the details to your email signature.
- Share your photos and video clips on social media using #Take10ToRead and tagging the National Literacy Trust, and your local Hub.

How else can you encourage reading in your workplace?

- Create a book group - discussing what you are reading has been found to have a positive impact on mental health
- Organise book swaps or create a designated area in the office for your team to donate and share pre-loved books
- Share your book recommendations with your colleagues - through a noticeboard or by adding your 'currently reading' to your email signature
- Encourage colleagues to join their local library
- Spend your lunch break reading

Visit literacytrust.org.uk/communities/connecting-stories/ for more information on our Take 10 Challenge and our Connecting Stories initiative - a calendar of exciting events funded by Arts Council England.