



Take Care of YOU

A Health and Wellness Bulletin | March 2024

*"You can find magic wherever you look. Sit back and relax, all you need is a book."
- Dr. Seuss*



National Reading Month

In honor of National Reading Month and Dr. Seuss' birthday, let's jump into the whimsical world of books, where every page holds a promise of adventure, and imagination and creativity know no bounds. Reading has the uniquely transformative power of taking our minds on a journey to distant lands, introducing us to fascinating characters, and igniting our imagination in ways we never thought possible. Books offer endless opportunities for personal growth and enrichment. You can escape to faraway lands, embark on thrilling adventures, and explore the complexities of history. You can learn new skills, explore new cultures, and gain new insights into the human condition. And last but certainly not least, you are sure to find inspiration, solace, and companionship.

Beyond the delight of getting lost in a good book, giving yourself the gift of reading also offers tons of whole-health benefits. Reading shapes and refines the mind, enriching it with knowledge and wisdom. Just as exercise strengthens muscles, reading develops the brain. It stimulates neural pathways, improves cognitive function, and enhances critical thinking skills. With each page you turn, you learn new words and phrases, expanding your knowledge and communication skills. Engaging in reading has been shown to help reduce the risk of conditions like Alzheimer's disease and to benefit eye health and reducing the risk of myopia. Books offer diverse perspectives and insights into different cultures, beliefs, and experiences, leading to greater empathy and understanding.

Cultivating a habit of reading at any age can have both immediate and long-term benefits. So put down your phone, pick up a book, and heed Dr. Seuss' famous words of wisdom, "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

Literary Resources

(click to view each resource)

- [Alaska Public Libraries](#) – find a public library near you
- [Alaska Digital Library](#) – collection of e-books and audiobooks for Alaskan residents
- [Project Gutenberg](#) – free digital library of 70,000+ e-books
- [Libby](#) – digital public library
- [Hoopla](#) – digital public library
- [Sora](#) – reading app for students
- [Goodreads](#) – catalog of book recommendations
- [Audiobooks.com](#) – subscription service for audiobooks
- [Audible](#) – subscription service for audiobooks
- [Books at Amazon](#) – online retail store of physical books, e-books, and audiobooks