

take

10 

minutes
to read

every day

at work

and

feel good

readmanchester.org.uk

Feeling frazzled? Pick up a book!

Reading for just 10 minutes during your break can help you feel calmer and provide a welcome escape from the stresses of your working day.

Medical experts say reading helps you:

- Relax
- Concentrate
- Keep your mind and memory sharp.

Get in the habit and encourage others – such as your colleagues and family – to read.

Here are some ideas to help you bring reading to your workplace:

Organise a Take 10 reading event

The Take 10 campaign promotes reading for at least 10 minutes every day to improve mental health.

Organise a reading-themed event, such as a 10-minute ‘drop-everything-and-read’ or a book swap. Tie it in with a reading or health event, eg. World Book Day, World Mental Health Day or Mental Health Awareness Week.

Post your pictures online using **#ReadMCR**

Escape into a good book on your commute

You’ll be surprised how much calmer and more focused you feel when you arrive.



Add a bookshelf

Have a bookshelf or box in the areas where people take a break. Ask workmates to bring in unwanted books and magazines from home. Stick post-it notes on the books so staff can share what they liked about them.

Swap books

Hold a book swap. Bring in unwanted books from home and exchange them with your workmates. There are details about how to organise a book swap at readmanchester.org.uk

Promote family reading

Sharing a book with your children before bed can help them to fall asleep faster and sleep better. It's a great way to spend good-quality time together. Even 10 minutes a day is enough to make a difference to a child's development, and it also helps them to be school-ready. Visit bookstart.org.uk and wordsforlife.org.uk for more information, tips and resources.

Talk about books

Get a group of your workmates together to chat about books! Share the different books you're all reading, or read the same book and discuss. It's a fun way to build friendships and get great reading recommendations. For tips on setting up your own reading group, visit readmanchester.org.uk

Borrow a book chosen to help you feel better

Reading Well is a collection of books picked by the Reading Agency and health professionals to help with your health and wellbeing. There are also books for people with long-term health conditions and dementia. Ask about the Reading Well collection at your local library: manchester.gov.uk/libraries



Share your reading
selfies and favourite
book photos
with others using
#ReadMCR

Feeling Good – at work! Read a book and help yourself

Feeling Good is an expertly chosen collection of 20 mood-boosting books about common mental-health conditions, which staff can borrow for free from their place of work. There's self-help, the best uplifting novels, and non-fiction.

A number of businesses across the city are piloting the scheme. To find out more about it, email Emma Todd:

e.todd@manchester.gov.uk

Escape to your local library!

Manchester libraries are full of books that are free to borrow, so you can discover something new at no cost!

As well as thousands of books, there are reading groups, business advice sessions, quiet study areas, author events, live music performances, children's story-times, film shows, workshops, open mic nights and more. Find out what's on at **manchester.gov.uk/libraries** and **librarylive.co.uk**

