

Ten ways to read for wellbeing

Reading helps us relax, feel connected and explore the things that matter most to us. Whether it's a book, audiobook, magazine, podcast, poem or article, just ten minutes of reading can help boost your mood, reduce stress and create moments of connection. As part of the National Year of Reading, we're encouraging everyone to **Go All In** on their interests and passions through reading, discovering new ideas, perspectives and opportunities along the way.

Here are ten simple, accessible ways to use reading as a moment of calm, connection and creativity. Ideas can be adapted for community groups, workplaces, schools or friends and family.

1. Take 10 to read

Bring your community together to 'drop everything and read' for ten minutes. Whether it's a book, poem, magazine, article or audiobook, this simple activity creates a shared moment of calm and connection. Encourage participants to choose something that reflects their hobbies, interests or curiosity and Go All In on discovering more. If you're based in Scotland you can get involved in Wee Read.

2. Curate reading recommendations

Sharing reading recommendations through displays, newsletters or social media is a simple way to spark conversation, connection and discover new interests. Start with a shared interest such as sport, gardening, music, travel or crafts and encourage everyone to share recommendations and discover something new.



3. Blind date with a book

Wrap new or second-hand books with a few clues about the story or genre and invite people to choose one at random. You could include wellbeing treats such as a teabag and small chocolate bar.

4. Host a story exchange

From reading short stories to open mic poetry or simply sharing memories across generations; a story exchange is a great way to celebrate the stories that bring communities together.

5. Look for a book

Spread some joy by hiding books in public spaces such as parks or trails for others to discover. You could choose books linked to local interests and hobbies, inspiring people to try something new or rediscover an old favourite. Add '[Look for a Book postcards](#)' to let people know they've found something special.

6. Junk journalling

Collect old books and magazines, train tickets, postcards or photographs, and collage them into a notebook along with your own thoughts, reflections or memories. It's a low-pressure way to embrace the messiness of our thoughts and create something personal and meaningful. This could be run as a workshop or coffee morning.

7. Postcard poetry

Invite people to share a favourite line, short poem, quote or personal message on a postcard and send it to someone they care about.



8. Habit stacking

Audiobooks and podcasts offer accessible ways to engage with stories, ideas and information. Pair listening with hobbies and routines such as crafting, cooking, gardening, walking or commuting to help make reading a regular part of everyday life and a natural extension of the things you already enjoy.

9. Writing for wellbeing

Spend ten minutes capturing a 'glimmer' from your day; a small moment that sparks happiness, peace, or hope. Describe the moment and how it made you feel. If you need more inspiration, use our [Creative Activities guide](#).

10. Listen and discuss

Bring a group together to listen to a podcast, song lyric or audiobook extract and chat about it afterwards. This is a great way to connect reading with existing hobbies and communities, such as a running or walking group, and spark conversation around shared interests.



Top Tips

Reading doesn't just mean books. It can include audiobooks, podcasts, poetry, magazines, articles, comics, graphic novels, song lyrics and more. The key is helping people find formats, topics and activities they genuinely enjoy.

The National Year of Reading encourages everyone to **Go All In** on the things they love. Starting with existing interests can make reading more enjoyable, more relevant and easier to make part of everyday life.

How to turn this into a reading culture

Any of the above ideas could take place regularly throughout the year or as part of annual awareness moments such as World Mental Health Day.

Consider identifying and supporting a volunteer Literacy Champion within your organisation. They can champion reading opportunities, connect people around shared interests and help make reading a visible and valued part of everyday life.

They can **sign up as a National Year of Reading Literacy Champion** and join a growing movement of organisations and individuals helping more people discover the joy and benefits of reading.



Useful links

Book collections:

- [Reading Well - The Reading Agency](#)
- [Mood-Boosting Books - The Reading Agency](#)
- [Quick Reads](#)

Book clubs:

- [How to start a book club - The Reading Agency](#)
- [About the Book Club Hub | Book Club Hub](#)

Resources:

- [Resources | National Year of Reading 2026 | Go All In](#)

Social media channels and website:

- [Instagram](#), [TikTok](#) and [Facebook](#)
- When posting on social media use [#GoAllIn2026](#) [#NationalYearofReading2026](#) [#Take10ToRead](#)
- Website: goallin.org.uk

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