

READING IS ESSENTIAL TO OUR MENTAL WELLBEING

MUHAMAD IZZAT RAHIM

AKADEMI PENGAJIAN BAHASA, UiTM KAMPUS KUALA PILAH



The internet is altering the way we think and behave. For one, it makes us impatient as we crave instant results or gratifications. This is unavoidable since the internet has made our world move faster than before.

The need for instant results or gratifications has seeped into our daily chores and activities. For example, nowadays we expect same-day-delivery services for our purchases. We also expect the result of an examination or an interview to be provided instantly. These examples show that as a society we have become more impatient and less tolerant.

This situation has brought about negative effects on the people. People become easily frustrated when their expectations for fast and instant results are unmet. This could lead to other serious mental health issues such as anxiety, stress, and being ill-tempered. Furthermore, people would become less tolerant of others as they only focus on their needs.

At this point, we should realize the virtue of taking things slowly. When everyone craves instant results and gratifications, we should understand that being patient is essential, especially to our mental well-being.

One way to teach ourselves to be more patient is through reading. Reading requires one to spend some time indulging and processing the text. Generally, we need time to read a text word by word to process the information. As a result, this process will train our minds to be more relaxed and calmer as we go through the reading process.

Besides, reading can give you an avenue to break from other tasks. Reading will help you relax and re-energized before you continue your work. Additionally, reading can provide you with many positive emotions that can produce more serotonin hormones commonly related to positive moods.

However, some might have problems reading as they are not used to it. In this case, you need to train yourself to read in order for you to gain the benefits of reading. Therefore, it is suggested for you to take baby steps in reading.

Firstly, find an easy and interesting text. It can be a light article, a simple book or a short newspaper report. Eventually, you will learn to focus and spend time reading. Secondly, find a comfortable place to read. A good setting can help set a positive ambiance for you to read. Lastly, turn it into a habit. Make some time for reading in your daily schedule. After a while, you will find reading easy, enjoyable and addictive.

Although instant results and gratifications have some merits, it is essential for us to take our time in doing things daily. When we take things slowly, we see the world from a different perspective. In addition, we would be able to take time to think, evaluate, and plan our steps carefully. All these benefits can be obtained through reading. So, grab any reading material and start reading now!

