

TIPS AND TRICKS

Resetting Your Reading Brain

September is for retraining attention. Here's how to start with books.

Fall is built for focus. As the pace slows and the weather shifts, it creates an opening to repair the parts of your brain that summer scattered. That starts with attention, and one of the simplest ways to retrain it is to start reading again.

Two recent reports from The New York Times confirm what most people already feel: fractured focus is a common neurological shift shaped by digital habits. But it can be unlearned. Reading on purpose is one of the fastest ways to do it.

TRY THIS: Build Your Reading Muscle Back From Zero

- **START SHORT.** Choose a 150–200 page book with momentum: short story collections, essays, or fast-paced fiction. No productivity books. No pressure.
- **PICK ONE SLOT AND PROTECT IT.** Morning coffee, lunch break, pre-bed wind-down; choose one 15-30 minute window and commit to it daily for 7 days.
- **USE PHYSICAL BOOKS.** Holding a book strengthens spatial memory and reduces digital multitasking. The tactile experience matters.
- **SET A CUE.** Light a candle, wrap a blanket, drink something warm to create a ritual that signals focus.
- **STOP WHILE YOU'RE INTERESTED.** Don't wait for the chapter to end. Pause mid-scene so your brain stays curious and wants to return.
- **LOG HOW IT FEELS.** Track your mood, energy, or sleep after each session and notice what improves.
- **AVOID BACK-TO-BACK SCREEN SWAPS.** Give your nervous system a buffer: stretch, take a walk, or make tea before picking your phone back up.
- **REBUILD IN PUBLIC.** Join a casual book group or co-reading hour. Attention is contagious, especially in shared space.

Small, structured reading is a nervous system tool. It helps regulate mood, sharpen focus, and reset overstimulated brains. Most importantly, it brings you back to yourself.

Dive Deeper:

- [How To Rekindle Your Love Of Reading - The New York Times](#)
- [Fewer People Are Reading for Fun, Study Finds — The New York Times](#)