

# 5 ways home cooking can reduce stress

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It's all too easy to stick a microwave meal on, order a takeaway or spend vast amounts of money going out. Food can be a quick fix to your mood. Whilst these ways of eating have their benefits, there are also plenty of advantages to cooking at home, especially for your stress levels. After all, cooking is good for the soul!

Here are 5 ways cooking can help you destress from the comfort of your own home.

## Sense of accomplishment

There's nothing quite like creating a tasty dish from scratch. Even an easy dish like scrambled egg on toast is nutritious and simple. Putting time and effort into something that's delicious is a great way to relieve the stress from your day.

## Can be enjoyed socially

As the famous chef, Anthony Bourdain said, it's fulfilling to make food for others. Especially when it's good! Hearing satisfied noises or huge applause (you never know) around the table will undoubtedly improve your mood. It's also a great excuse to have friends over, another proven way to beat stress.



## Inspires creativity

Something as simple as playing around with a recipe with a hint of spice or herbs can be very creative. Sometimes stress can be a result of getting a bit stuck, so inspiring imagination in your cooking could translate to your daily life.

## Focuses and distracts your mind

The enticing smells of cooking and the inviting sounds of frying vegetables or bubbling saucepans will fill your house with the aromas of whatever you are cooking. Not only is it a treat for your senses, but also the mind. Any stress will ease away as soon as you focus on whatever brilliant concoction you are creating.

## Most importantly... It tastes good!

Food is one of the most comforting ways to relieve stress, sadness and fatigue. Not only do you get the therapeutic feeling of making it, but you then get to enjoy the result! It's also easy to create guilt-free food at home as you know exactly what is going in it.