

# How Cooking Can Boost Your Everyday Creativity

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Is cooking just an everyday occurrence for you, maybe even a grind? Would it surprise you to learn that cooking is and can be not only one of the most essential activities of your day, but one of the most rewarding, even stimulating?

Let's take a look at that.

Many people have learned fresh, new creative strategies from their experiences in the kitchen that they then turn over to other areas of their life, both professional and personal. Turning a cooking failure into a success, for example, is one valuable skill and learning from one's mistakes is another.

Lizeth Aranda with Harvard Business Publishing Corporate Learnings has found that her experiences in the kitchen have increased her leadership abilities in business. And, by trying new ingredients and inventive ways of creating meals, she has found fresh approaches to problem solving. She writes in <https://www.harvardbusiness.org/what-cooking-can-teach-you-about-innovation-and-creativity/>:

"I invite you to put on an apron and dare to try new aromas and textures—sweet, bitter, salty—to create your own recipes and practice until you master them. Hopefully, there will be few rocks and a lot of sweet rewards in your learning journey.

How have you applied learning from your hobbies to your leadership approach?"

Consider too the great reward of enjoying family time together while cooking. Sharing a recipe together in time of preparation can be a great bonding and teaching experience. Choose something simple, like a smoothie, so that all can join in and create a success together.

Even if you are eating alone, whatever the meal, cooking requires great mindfulness, staying in the moment and preparing for the future (the meal). In its own way, cooking can be very therapeutic.

For instance, many have found that, when accustomed to eating out alone to avoid cooking that, once they began cooking at home for themselves, things changed. They found their self-esteem mounted. And, as they experimented and tried new things, new ideas in the kitchen, their self-confidence grew, increasing their mental well-being, transferring over to other areas of their lives. A stronger sense of individuality was also a positive result of their cooking experiences.

Studies have shown that cooking daily meals not only fosters this mindfulness and creativity, it also boosts self-esteem, independence, happiness and fulfillment of the need to provide for this daily essential in one's own life, as well as in the lives of others. These qualities enrich creativity in all areas of life. Cooking has also been shown to help with anxiety and depression, as well as

other mental disorders. See <https://www.calmsage.com/why-and-how-cooking-works-as-a-therapy/>.

Perhaps best of all, cooking and food brings people together, building more meaningful bonds. It calms and soothes one, and can bring a good close to a busy day, creating a motivated start for the next day.

Even in monasteries, it has been said that the only two tasks more important than meditating to a Zen monk are cooking and cleaning. Now we see why. It's the Zen of that.