

CRUCIAL CONVERSATIONS

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A Psychologist's Perspective on: Therapeutic Cooking



"For me, cooking is an art of expression. It can be therapeutic in many ways. Cooking allows for creativity and self-expression, which can help boost your mood and provide a sense of accomplishment. I cook from my soul to relieve my mind."

~Dr. Jackey



Soul food is known for its rich flavors and cultural traditions. It brings people together and fosters a sense of community, which can be particularly beneficial for individuals who may be feeling isolated or lonely.

Cooking can promote relaxation. The simple act of chopping, stirring, and seasoning can be meditative and calming, helping to reduce stress and promote a sense of inner peace.

Here are a few quick soulful cooking tips:

1. Pick a recipe that you find interesting and enjoyable to cook.
2. Turn on your favorite music. This can help you feel more at ease.
3. Be mindful and focus on the process.
4. Take your time and plan each step.
5. Remember to enjoy yourself. Creating nourishing meals for yourself and family is also self-care.