



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



Vol. 1, Issue 112; <https://cchealth.org/wellness/>

CONNECTION THROUGH COOKING AND EATING

By Arianna Robin, MD



Food is a topic that connects people across the world and can be very grounding in times of stress. I think about my own relationships to food: I feel connected to **citrus** because of my **grandma's lemon tree**, I look forward to my **mom's brisket** when I visit, and I connect with my partner through sharing foods from our different cultures. Pictured is **Dr. Tiffany Ku** and **myself** cooking **latkes** in my kitchen, and a homemade apple galette by **Dr. Stephanie Glick**.



Throughout the pandemic, many cooking recipes went viral (though I must confess I never learned how to make sourdough bread)! Some of my personal joys include recipes from [Pasta Social Club](#), the [Chinese Cooking Demystified](#) YouTube channel, and the multiple "Street Food" series' on Netflix.

A study in the *International Journal of Humanities and Social Science* looked at the **therapeutic qualities of cooking**:

- Cooking can improve wellbeing, is associated with life satisfaction, and is a good predictor of happiness
- You can get creative and plan, use new skills, and find opportunities to express creativity and find flow
- Through cooking you can use repetitive motions which can help activate a meditative-like state
- By cooking for others, you can build confidence and self-esteem, and help nurture your community
- Seeing your final product can allow you to feel accomplished and proud

Here are some **mindfulness practices** you can try to incorporate into your next cooking adventure or meal:

Practicing mindfulness: smell the ingredients, feel the texture, hear the sounds, see the changes throughout the process, taste the ingredients and the final product.

Thoughtful questions to ask yourself:

- *How do I feel when I am making this? How do I feel when I eat this?*
- *Does it connect me to anyone else?*
- *Which flavors can I taste?*
- *Do I have any memories associated with the flavors or the dish?*



BUEN PROVECHO! BON APPETIT!

NEW CHALLENGE: BREAKFAST OF HEALTHCARE CHAMPIONS! Send us a photo of your favorite breakfast items! You might win a prize!

We Care About You. Wellness Core Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Contact CCHSWellness@cchealth.org