

delicious thoughts

Approaching the kitchen space with the right mindset is essential to gaining the therapeutic benefits it offers us

When we participate in an activity that has become a part of our daily routine, we tend to do it with an unconscious knowing that allows us to go through the motions without fully engaging with it. Bringing intentionality into the process allows us to interrupt the motions, shift our perspective and open ourselves to receiving all the goodness. Here are some reframes that can help us access a transformed cooking mindset, to allow us to approach it differently:



In the kitchen, I am honouring my inner child by nourishing myself with love and radical compassion, knowing that I deserve to enjoy the process of cooking and savouring;

With every meal I prepare, I am cultivating a sense of gratitude and joy for the abundance of nourishment and pleasure that food brings into my life;

In the kitchen, I am shifting my focus to find joy in the simple pleasures of chopping, stirring, mixing and combining;

As I cook, I am practising resilience by embracing messiness and mistakes as valuable opportunities for learning and creative problem-solving;

During the cooking process, I am choosing to suspend judgment and create space for the joy of creativity and playfulness, reconnecting with the innocent curiosity and wonder of my inner child;

With each breath, I inhale the comforting scents of my creation, allowing them to centre and calm me;

Every time I cook a meal from scratch, I am celebrating my resilience and resourcefulness, knowing that I am capable of creating;

I am embracing the opportunity to nourish myself and my loved ones, recognising that the act of cooking is a powerful expression of profound care.



Chef's tip: Take 5 minutes to yourself before engaging in the cooking process. Take 3 slow, full breaths and read through these reframes. Pick one or two that feel most authentic to you (these can be different every time). Feel how they feel and bring that feeling with you as you start to cook. The more you practise this, the more natural it will feel.

Fill this space with your own flavourful notes

disclaimer

Welcome to the food&being™ family!
Thank you for inviting me into your kitchen

About food & being™

food & being™ is an expression of the magic that is born out of the kitchen space.

Meet Lexie, The Cooking Therapy Coach. With a brimming jar of unique culinary resources, she ignites connections and fosters open communication through the magic of cooking.

Lexie, based between the vibrant heart of London and originating from the picturesque landscapes of Malta, is a culinary enthusiast who weaves wholesome recipes that transform every meal into a canvas for memory-making. This passion for cooking therapy is a legacy nurtured by her beloved grandad, Joe, a chef extraordinaire and a loving presence in her life.

Lexie's passion transcends the confines of the kitchen table, touching upon the essence of family, friends, and the joy of gathering. Her culinary creations bring a dash of creativity to the dining experience, and her expertise helps individuals, families, and teams find harmony through the love of food.

To embark on a culinary adventure with Lexie, explore the transformative power of cooking therapy, or simply learn more about her heartwarming journey, you can book your FREE 30-minute coffee & chat via www.foodandbeing.com/getintouch or directly through email: lexie@foodandbeing.com. Discover a world where every dish tells a story, and every meal becomes a meaningful chapter in the book of life.



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