

Savouring Cooking

A Recipe for Stress Management

- S:** Strategise - Plan your tasks and prioritise effectively to minimise last-minute stress
- A:** Adapt - Be flexible and adjust your approach when faced with unexpected challenges
- V:** Ventilate - Take regular breaks to step away from the heat of the kitchen and clear your mind
- O:** Organise - Keep your kitchen space tidy and well-stocked to streamline cooking processes and reduce stress
- U:** Unwind - Stay calm under pressure and enjoy the cooking process
- R:** Relax - Allow yourself moments of relaxation and enjoyment in the kitchen, savouring the process and the food you create