

Mind Bites

Mindful cooking



Cooking provides a wonderful opportunity for you to be present, mindful and aware.

Train your mind to become mindful by focusing on the meal you are preparing, the sights, sounds, flavours and aromas.

A personal story



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I started cooking as a form of mindfulness.

When I cook I don't want to be disturbed and concentrate on what I am doing.

I used to think I was a perfectionist and had obsessive compulsive behaviour (OCD) but I soon realised that I used cooking as a way to relieve stress.

Share your mindfulness story by emailing: MeadenFamily18@gmail.com

Tips on cooking mindfully



Think about what you are going to eat and what you are putting into your body



Take in the sensation of touch, when you prepare food, how does it feel on your hand?



Take in the noise, for example the sizzle of onions or the sound of boiling water



Take in the smell of different aromas and flavours, for example the smell of onions heating in a frying pan



Notice the changing colours and textures of food



Be a 100% present, when your mind wanders go back to the smell, touch, noise and texture of food.

Useful links

- Headspace – [Mastering the art of mindful cooking](#)
- Ted Talk – [All it takes is 10 mindful minutes](#)
- Mindful recipes – [Recipes for compassion](#)

