

Therapeutic Baking

As of September 2021, we are offering another therapeutic intervention, particularly aimed at our older students who are less inclined to respond to other support on offer: Therapeutic Baking

5 Reasons Why Therapeutic Baking Works

When you're going through a difficult time or are stressed out, the simple act of baking can be therapeutic – and it puts delicious treats on the table.

Research shows the benefits of pausing from other activities and spending some quality time in the kitchen.

Gather up your ingredients, put on some music (or enjoy peace and quiet), and read on for five ways that therapeutic baking works.

1. **The Smell**

When you bake, you get aromatherapy without having to go to the spa! Take your pick from the scent of vanilla cupcakes, chocolate cookies, banana bread, or coffee cake; you can't go wrong.

2. **The Singular Focus**

When measuring out ingredients, decorating cookies, or completing other baking tasks, you shift your focus from anxiety to the creative process you're experiencing.

“Clearing the mind and focusing so intensely on something that you can't think of anything else — such as when you're being creative — reduces stress.”

3. **The Accomplishment**

Following a recipe with clear instructions and proven results gives you a sense of power and allows you to feel like you are the captain of a ship sailing on smooth waters. You can craft something beautiful, delicious, comforting, and perfect.

“If the activity is defined as personally rewarding or giving a sense of accomplishment or pleasure, or even seeing the pleasure of that soda bread with homemade soup making someone else happy, then it could improve a sense of well-being.”

4. **The Sharing**

Sharing your baked goods with your family and friends – even mailing them care packages – and seeing their smiles can do the trick. If you don't have anyone to bake for right now, you could even make homemade dog treats.

5. **The Doctor Says so....**

Did you know that in some hospitals and centres for rehabilitation, baking is used for the healing and coping process? If professionals believe in and use baking as a therapeutic treatment, we can all be thrilled that it's something we can do at New Park!

But, who really needs a doctor to tell us that baking and eating a piece of homemade pie can bring a smile to our faces?!