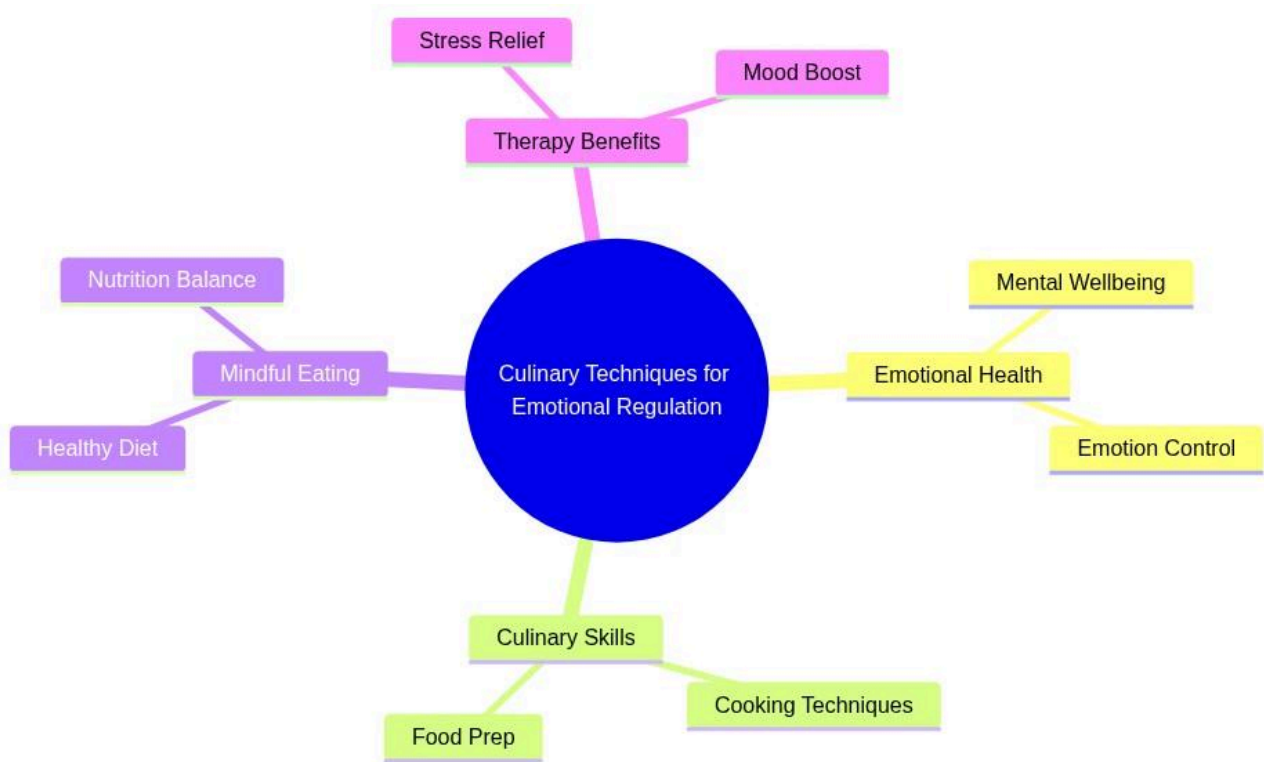


Masterclass Certificate in Cooking Therapy Techniques

# Culinary Techniques for Emotional Regulation



mindmap

```
root((Culinary Techniques for Emotional Regulation))
  Emotional Health
    Mental Wellbeing
    Emotion Control
  Culinary Skills
    Cooking Techniques
    Food Prep
  Mindful Eating
    Healthy Diet
    Nutrition Balance
  Therapy Benefits
    Stress Relief
    Mood Boost
```