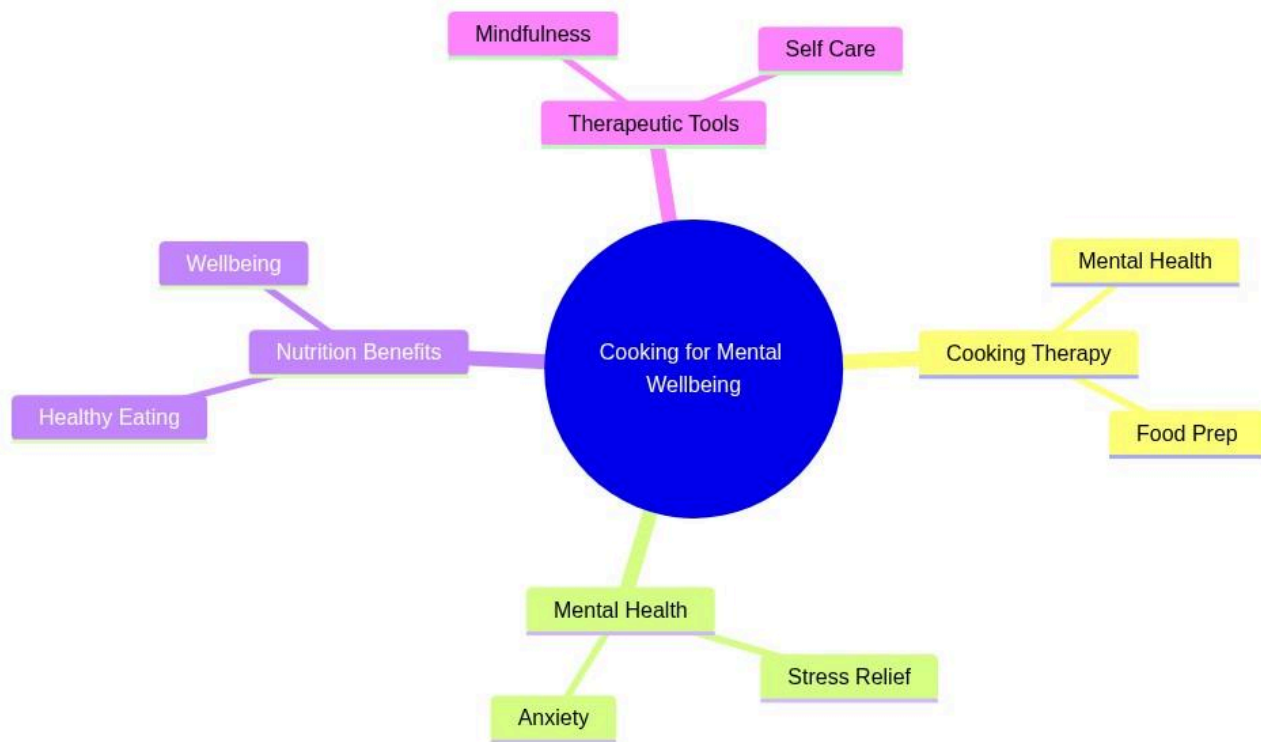


Masterclass Certificate in Cooking Therapy Techniques

Cooking for Mental Wellbeing



mindmap

```
root((Cooking for Mental Wellbeing))
```

```
  Cooking Therapy
```

```
    Mental Health
```

```
    Food Prep
```

```
  Mental Health
```

```
    Stress Relief
```

```
    Anxiety
```

```
  Nutrition Benefits
```

```
    Healthy Eating
```

```
    Wellbeing
```

```
  Therapeutic Tools
```

```
    Mindfulness
```

```
    Self Care
```