

Wellbeing Poster

With our Bake Off happening next week, our Wellbeing Poster looks at 7 reasons why baking is great for your mental health (taken from the [‘Push Doctor’](#)).

1. It's a way to stay in control

Baking is a very exact science. Each ingredient must be measured out and the recipe followed to the letter in order to get something edible at the end of it. The calm and comfort of this process has helped many people with their mental health problems.

2. It can help you release stress

Unleashing your inner frustration on a ball of dough is a great short-term solution to a stressful day. After all, no one's watching, nothing gets broken and you'll get a delicious loaf of bread at the end of it. Everyone wins.

3. It improves concentration

A common symptom of many mental health issues is difficulty concentrating on a task. Baking forces you to buck that trend. Paying attention to what you're doing is much easier when there's an obvious (and in this case, delicious) reward for your hard work. Applying the mindfulness you use in your baking to everyday situations can make a world of difference.

4. It's a boost for your self-confidence

Knowing that people have enjoyed the cakes or biscuits you made is a wonderful for your self esteem.

The praise helps to balance out any self-critical thoughts that bounce around your brain on a daily basis. This can help you feel more able to tackle other challenges in your life.

5. It's nice to be nice

Even before you've had any feedback on your baking abilities, just the act of doing something nice for others is enough to prompt your brain to release endorphins and put you in a good mood.

In fact, the nicer you are, the better you'll feel in the long term. Looks like you'll have to make baking a regular thing!

6. It's a way to make new friends

Having a strong support network is invaluable, nobody likes to feel lonely and it can be especially hard to adjust to new environments where you don't know anyone. Baking a batch of cookies or muffins is a great ice-breaker and could be the start of a beautiful friendship.

7. It's a chance to show off your creative side

Getting creative can help you to focus your brain's energy elsewhere and distract you from any low mood or worry.

As any *Bake Off* viewer will know, there are no rules to what you can make, so why not have a go at your own personal show-stopper challenge?

