

# Thinespo Cooking Blog

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Cooking is an essential part of your life. Even if you don't cook yourself, maybe you have a habit of eating outside or maybe your parents or partner cook for you instead, everyone will always be put into a situation where they will HAVE to cook. Having the skill can only be a benefit in your life, never a burden or a problem. Cooking comes with no consequences whatsoever; it is something we need to survive. Today I will be telling you the benefits of cooking and how it can help you live your life to the best extent!

## Let yourself out

Cooking is a wonderful art, like any other artistic sector, it is a place for you to go wild and set yourself free to maximise your creativity. Of course, every recipe is defined with great precision and every method has specific instructions but there is no rule that you must follow it. Explore your tastes, find out what you like, find out what you crave to eat and mould each recipe to your liking. This is your chance to do whatever you please. Whether it's putting salt in place of sugar or leveling up your spices, you can do whatever you want!

## Cooking helps strengthen Bonds

Cook with your family and your friends, spend some time with them. Cooking is a wonderful bonding activity to do when you feel like you just need to spend some time with the people you love. Get your group together, find a recipe that everyone is going to like, or better yet, make your own recipes using inspiration. Try out new cuisines and food and have a blast eating the dish you made with a movie and snacks afterwards. Cooking with your kids is a fun way to teach them a few lessons and give them a chance to explore their tastes and likings. It would also expose them to trying out a new hobby which they might end up liking or even take it to a professional level.

## Getting Up and socialising

Going out to buy ingredients and utensils will make you get out of the house. If you're a lazy couch potato who doesn't want to get out of your chair, use cooking as an excuse to get up and go out! Putting yourself up to a challenge helps you step out of your comfort zone and makes you a stronger person. Cooking could be your excuse to do this. It will also force you to talk with people, ask questions about the recipes and socialise.

## Mental Relaxation

Sometimes cooking can be a total opposite of socialising, it could be a chance for you to spend time to yourself and take a break from the busy life outside. Set up your kitchen, get your ingredients and just fall into the kitchen environment. Cook like no one is watching you, put on some music, turn on the tv and watch your show while you're at it. Give your brain a chance to relax and chill! After that, enjoy the dish you prepared for yourself savour the flavours.

I have stated only a few advantages and benefits that cooking offers but there are many more reasons why you should cook, not for someone else but for you! Use Thinespo to the maximum! Read. Cook. Bake Live. I hope that you enjoy the recipes and dishes that we encourage you to try and have a wonderful cooking experience.