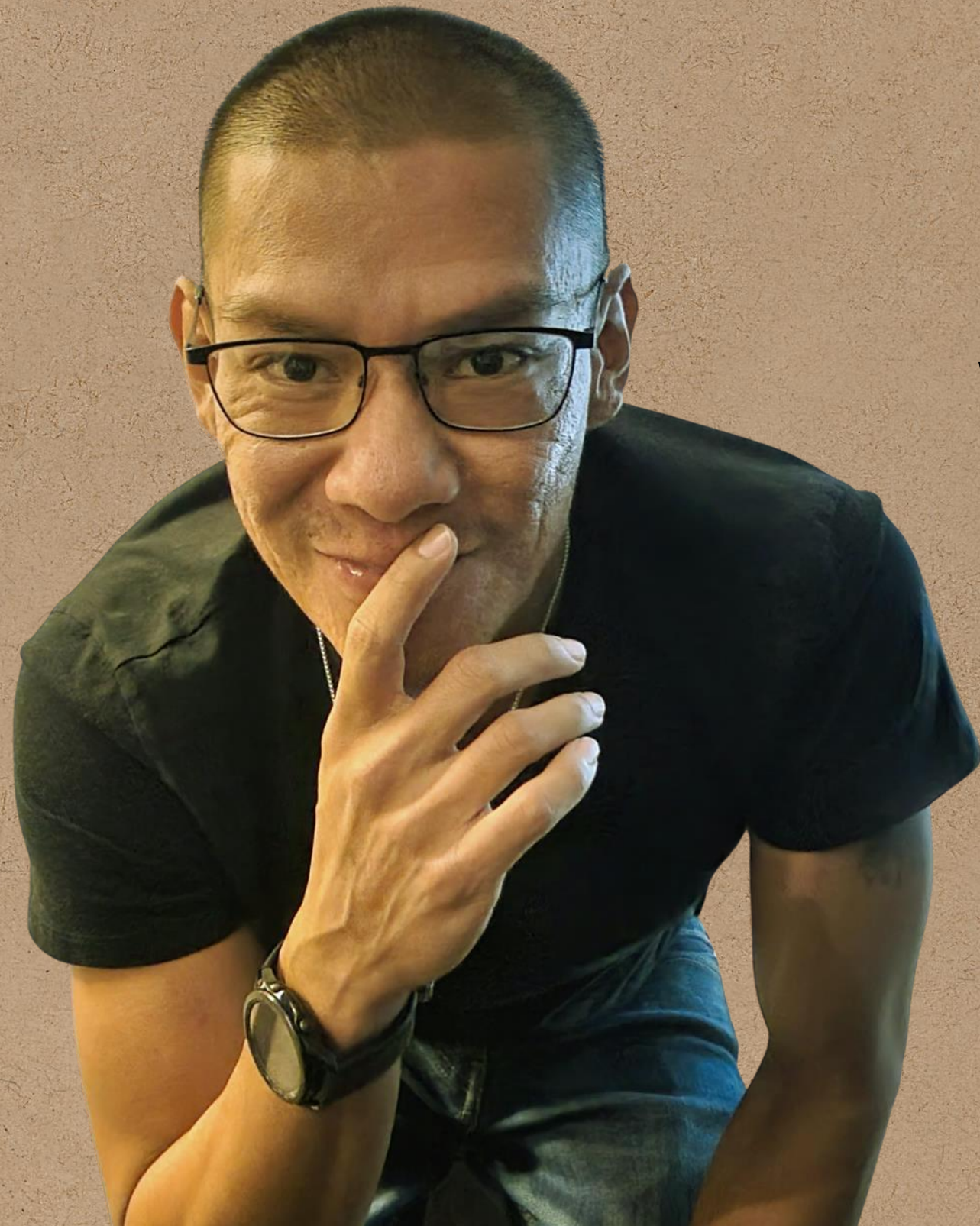
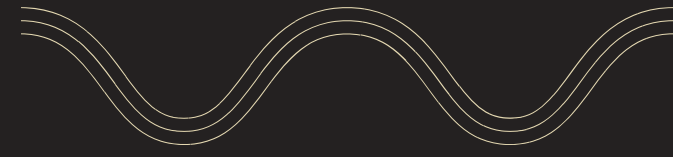
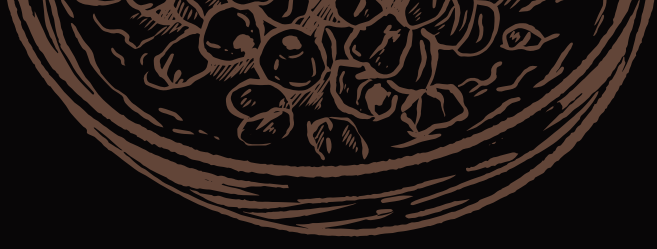


COOKING UP POSITIVITY

WITH KENDALL KEE



@KENDALLKEE



DURING THIS SESSION

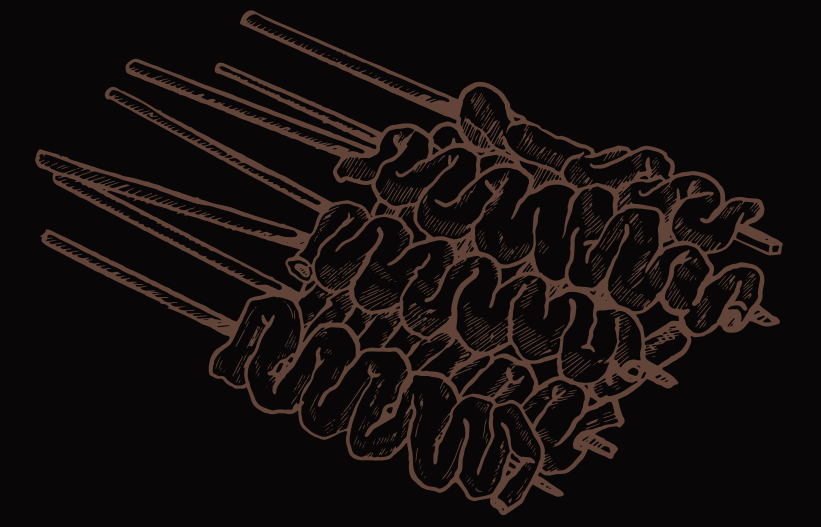
0 1 INTRODUCTION

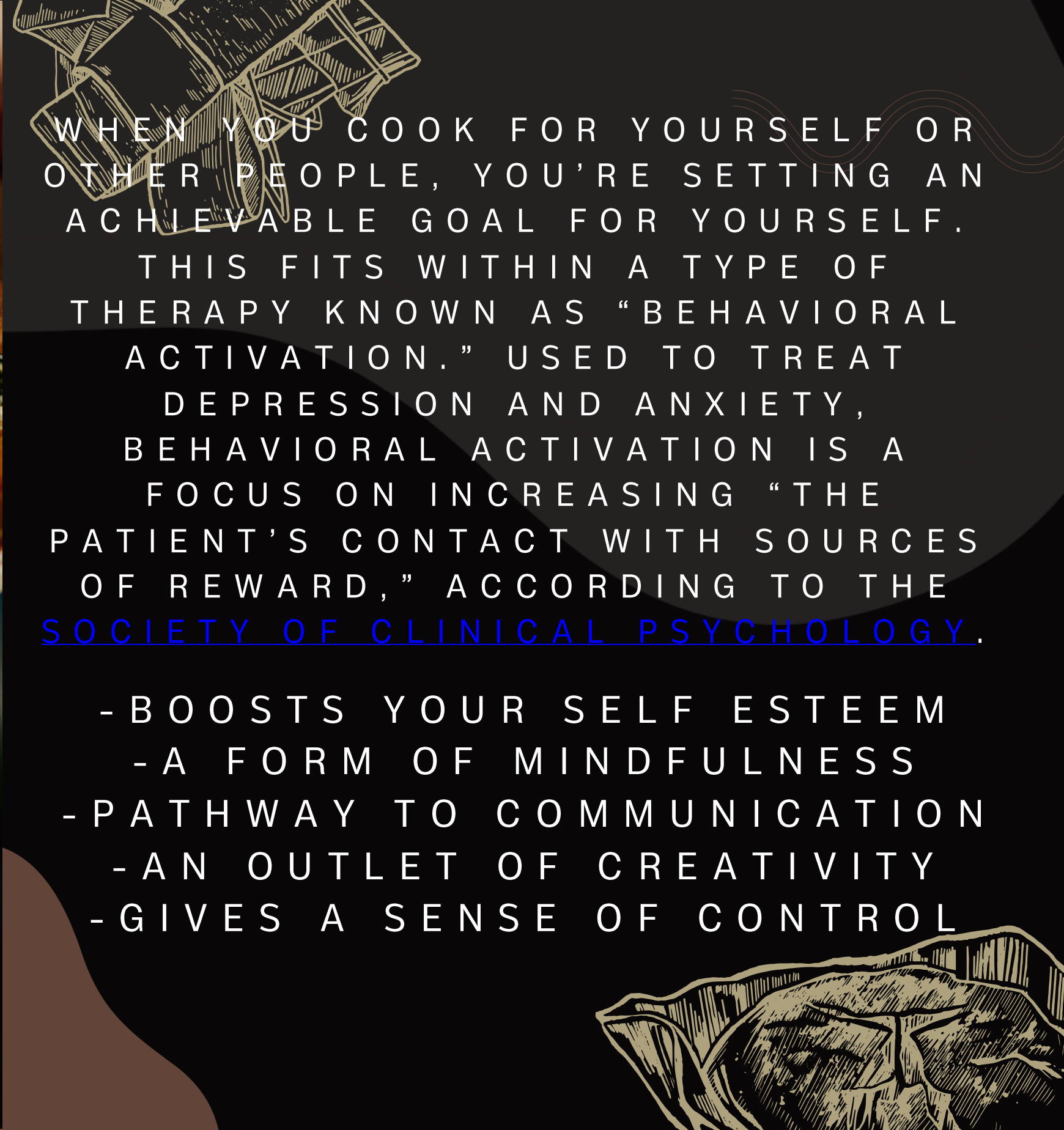
0 5 MEAL
PREPPING

0 2 BENEFITS
OF
COOKING

0 3 SIMPLE
SWITCHES

0 4 SHRIMP SCAMPI





WHEN YOU COOK FOR YOURSELF OR OTHER PEOPLE, YOU'RE SETTING AN ACHIEVABLE GOAL FOR YOURSELF. THIS FITS WITHIN A TYPE OF THERAPY KNOWN AS "BEHAVIORAL ACTIVATION." USED TO TREAT DEPRESSION AND ANXIETY, BEHAVIORAL ACTIVATION IS A FOCUS ON INCREASING "THE PATIENT'S CONTACT WITH SOURCES OF REWARD," ACCORDING TO THE [SOCIETY OF CLINICAL PSYCHOLOGY](#).

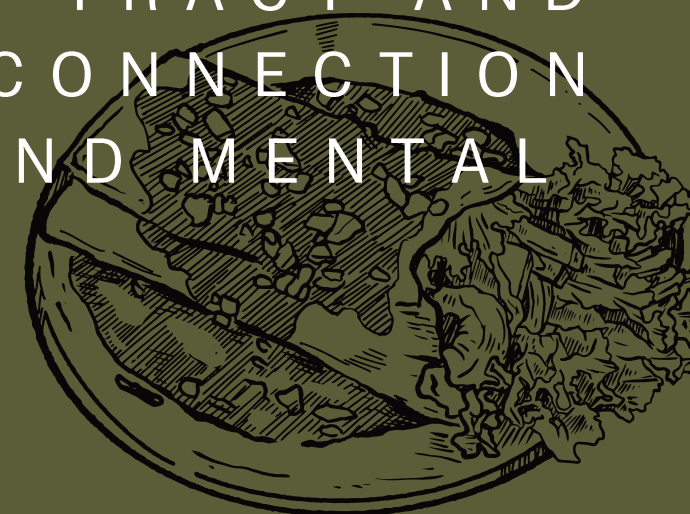
- BOOSTS YOUR SELF ESTEEM
- A FORM OF MINDFULNESS
- PATHWAY TO COMMUNICATION
- AN OUTLET OF CREATIVITY
- GIVES A SENSE OF CONTROL

MENTAL HEALTH

DID YOU KNOW?

95%

OF YOUR SEROTONIN – THE NEUROTRANSMITTER THAT REGULATES SLEEP AND APPETITE, MEDIATES MOOD, AND INHIBITS PAIN – IS PRODUCED IN YOUR GASTROINTESTINAL TRACT AND STUDIES HAVE FOUND A CONNECTION BETWEEN GUT HEALTH AND MENTAL HEALTH.





Cooking Up Positivity

with Kendall Kee

Shrimp Scampi

@kendallkee





- 1/3 cup chicken bone broth



- 2 tbsp lemon juice



- chopped parsley





- 2 tbsp olive oil



- 5 tbsp butter



- 5 garlic cloves, minced





- 1lb raw shrimp, peeled

