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                                                       Research paper

         Do you fancy the idea of a bakery? As we enter a bakery our nostrils are hit by the aroma of sweets and coffee, Everything appears to be extremely appealing and aesthetic. Many of us do not dispute the bakery's rationale. We don’t question whether bakery business owners in NYC open their business for profit or to convey their feelings via baking. Baking is the process of cooking food,usually in an oven, using dry heat without direct contact with a flame.Baking might be someone's

everlasting therapy and source of happiness.

           Numerous individuals out there are fightig their own battle everyday, every

second. Many out there are battling with anxiety, depression, anxiousness, etc. How we manage work around these inside battles depends on us. For many it may be taking a walk, sitting by the water, cleaning, or even baking. In an article called “What baking means to me” Sally McKenney is a professional food photographer,

 cookbook author, and baker says “When I worked a 9-5 job in a corporate environment, coming home and baking cupcakes (even from a box mix!) helped

 me relax and unwind. It simply “felt like me.” In a job where I didn’t have much creative freedom,

baking truly kept me fulfilled and energized.” Baking brought a sense of

delightness and ease to many like Sally McKenney after a long exausting day.

When baking you have the abality to be as creative as you wish. Your baking can be mixed with colors which match your emotions or decorated in a way which release your tension.

        According to the journal of positive psychology, scientists have discovered that baking has helped people feel better. On november 29,2016 on the smart news it said “people who frequently take a turn at small, creative projects report feeling more relaxed and happier in their everyday lives. The researchers followed 658 people for about two weeks, and found that doing small, everyday things like cooking and baking made the group feel more enthusiastic about their pursuits the next day.” This demonstrates that if you engage in minor activities, you have a high chance of

 being in a better place mentally. When waking up the following day you are

more likely to wake up with more energy and feel prepared for the

day.

<https://sallysbakingaddiction.com/what-baking-means-to-you/comment-page-2/>          <https://www.huffpost.com/entry/baking-for-others-psychology_n_58dd0b85e4b0e6ac7092aaf8>

<https://www.smithsonianmag.com/smart-news/feeling-down-scientists-say-cooking-and-baking-may-help-you-feel-better-180961223/>

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