



Wellbeing Tips

Connecting over a shared meal



Social connection: connecting over a shared meal

Studies have shown that bringing people together to cook and share a meal has many health and wellbeing benefits including connection, belonging, purpose, stress reduction, emotional regulation, increased communication skills, achievement, space to slow down, digest, practice gratitude, and engage in intentional self-care through a whole-body sensory experience.

Historically, communal cooking and eating formed an important part of life in many cultures across the world, particularly cultures where generations live and work together under one roof.

Eating together and preparing large feasts provides time out for families and communities to connect, reflect, and share wisdom and knowledge.

Today, modern forms of instant communication and technology have led to many families eating together less and an increase in fast and convenient food as individuals and families navigate a cost-of-living crisis, fast paced schedules, and independent lives away from family networks. As a result, food preparation and cooking has become an inconvenience, and we are no longer benefiting from the health and wellbeing benefits.

Due to impacts and requirements of defence service, war widows and families of veterans are often living far away from family and community networks leading to disconnection and social isolation.

One way we can support you feel connected is through wellbeing activities. If you are interested in experiencing the healing benefits of coming together to prepare and share a meal, check out our wellbeing activities that may have activities like this! Visit the link or scan the QR code:

familiesofveterans.org.au/project/defence-families-wellbeing-events/

