

# HYGGE

DANISH (PRONOUNCED HOO-GA)



Create a feeling of coziness and contentment through life's simple pleasures.



## AMBIENCE

Create a cozy and serene environment.

– TIPS –

- Use a clean space
- Decorate with meaningful items
- Play relaxing music



## NATURE

Surround yourself with nature.

– TIPS –

- Take a sunset stroll
- Decorate with pine cones and twigs
- Keep plants and flowers



## CLOTHING

Make yourself comfortable.

– TIPS –

- Fashion is irrelevant
- Wear yoga pants or sweatpants
- Thick socks do the trick



## TOGETHERNESS

Connect with loved ones.

– TIPS –

- Invite friends over
- Call or facetime a family member
- Have a date night
- Read stories as a family



## LIGHT

Use light that is warm and low.

– TIPS –

- Light candles
- Use multiple light sources
- Light more candles
- Take advantage of natural light



## CUISINE

Give in to your cravings.

– TIPS –

- Bake a treat
- Make hot cocoa
- Enjoy a candlelight dinner



## PRESENCE

Slow down and be in the moment.

– TIPS –

- Forget your to do list
- Unplug
- See the good
- Celebrate each season



## LEISURE

Do what you enjoy.

– TIPS –

- Knit a sweater
- Read a book
- Play a game