

HYGGE

(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