

How to Embrace the Scandinavian Concept of Hygge

What is Hygge?

The word comes from a Norwegian word meaning 'wellbeing' and it's a centuries old Scandinavian / Danish concept that is used to describe a moment or feeling that is cozy, special, or charming.

Ever heard of Hygge?

During the dark winter months, Scandinavians traditionally try to bring as much light as possible into their lives. But light doesn't just mean actual light. It also means comfort, joy, and well being. It's called Hygge, and it's the subtle art of happiness.

Why Do I Want To Embrace Hygge?

Putting a little more comfort into your life will improve how you feel. Scandinavia tends to slow down and savor the moments more so than the rest of the world. But don't worry, you can embrace hygge no matter where you live.

The Big Hygge List

- Using aromatherapy
- Creating homemade crafts
- Having a drink with friends
- Leaving out bowls of healthy snacks in your home
- Turning off all distracting electronics
- Playing some relaxing music
- Engaging in friendly conversation
- Taking a few deep breaths
- Partaking in stress-free cooking
- Using blankets generously
- Reading a novel or book
- Putting flowers on the table
- Scattering rose petals
- Sharing jokes with friends
- Trying an adult coloring book
- Making popcorn or eating some rich chocolate
- Reflecting on your day with gratitude