

A lesson from Denmark that could make
a difference in your daily outlook on life ...



Could the secret to happiness be hygge?

(pronounced HUE-GUH)

According to the 2016 World Happiness Report, Denmark wins the prize as the world's happiest country. The report says that despite the cold, dark climate and the common feelings of boredom and isolation, the people in Denmark have come up with a practice to find happiness. They call it hygge.

**Hygge is a special feeling or moment.
It can be alone or with friends, at home
or out, ordinary or extraordinary but is
always cozy, charming and special.**



Hygge doesn't cost anything ... it's something you create!

Atmosphere

Candles are essential! About 85% of Danes say that a home filled with glowing candles, lit in almost every room, is an important ingredient in creating the coziness associated with hygge. Add to that a warm, comfortable blanket and the perfect chair or couch, and you've set the mood.

Clothing

Comfort is key here. Pull out your old sweatpants, pajamas, leggings, sweaters or wool socks. Just make sure to pick something that you love lounging around in, and don't worry if it's full of holes or half threadbare. Just think of something that gives you a hug when you put it on.

Food

Creating hygge might mean a departure from the demands of healthy living when it comes to food. This is a time to indulge in a warm, fragrant, satisfying meal or snack that you truly love. You can still be smart about your diet and food choices if you think it through. Think of baked goods fresh from the oven, simmering tea, coffee or hot chocolate, or a pot of fresh stew or chili.

Activity

Curling up to a good, relaxing movie or TV show is very hygge, especially if you're sharing a blanket and bowl of popcorn. Some suggest creating a quiet, calming "nook" in your home as a place to snuggle up with a book and your favorite warm drink.

Other alternatives may include enjoying a board game, relaxing with your pet, or even taking a stroll around the neighborhood.

Keep it simple

As you can see, hygge has a lot to do with personal choices. So try the practice of hygge the next time you want to decompress from a stressful day. You'll be glad you did.