



Unitarian Universalist Small Group Ministry Network
HYGGE: A quality of coziness and contentment
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(TOPIC READINGS start on p. 4)

OUR SMALL GROUP MISSION

These Small Group conversations are offered as a way to get to know each other better, as we explore the various topics selected by our Small Group Team, related to our life experiences, questions, joys, and challenges. We are free to share our thoughts and feelings, joys and struggles, as we choose, and are here to listen to and care about each other. (We are NOT here to be a therapy group ~ or to tackle “church politics”!)

We look forward to building closer connections with each other, as we spend this time together, and form new or deeper friendships and build our sense of community.

OUR SMALL GROUP COVENANT

As members of this Small Group of the Universalist Church, we covenant with each other to help make this experience both personally and spiritually rewarding, to nourish our sense of community, and to learn and practice right relationship.

We will try to arrive before the beginning of each session so that it can start on time. We will try to attend all of the meetings of our group unless we are ill or away, and will let the group know in advance when that will occur or by contacting the facilitator:

Facilitator Contact information:

We use these guidelines for sharing, as a pathway to a caring community:

- We will deeply listen and ask honest and open questions.
- We will respect confidentiality. What is said here stays here, unless we agree to share something outside of our group.
- We will allow others to speak without interruption.
- We will not try to fix, save, advise or correct.
- We will honor time for reflection and quietness and respect a member’s right to remain silent, as they choose.
- We will treat others with respect and without judgment.
- We will honor the diversity of thought and feeling and values among us.

CHECK IN

Check-in is a time to deepen our connections with each other by sharing joys, sorrows, challenges, and changes in our lives. Sharing is not required. Only share if you are comfortable. What is shared in group is confidential.

Connection is the energy created between people when they feel seen, heard, valued and understood. One of the goals of small group is to move out of our heads and into our hearts in order to deepen our connections with one other.

Authentic sharing from a place of honesty and vulnerability allows us to build a community of trust, caring, and belonging. The connections we build with one another become contagious. They grow and spread and infuse our larger church community with life and vitality.

1. WELCOME / INTRODUCTIONS :

Let's remember to **Silence cell phones! Speak up clearly, so all can hear.**

Remind folks to let us know and to remind us if they have a hearing issue or if we aren't speaking up enough, so we can be aware.

• **At FIRST SESSION of the series: Let's introduce ourselves:**

"Tell us a bit about yourself, for example:"

- Your name, where you live and how long you've been in this area
- How long have you been a UU, coming to our church
- Your family, what you do (or did) for work, any special passions or hobbies
(**Model this by starting with yourself.**)

Distribute MISSION/COVENANT/CHECK IN handout.

- **Read the MISSION statement orally - volunteers read COVENANT**
- **Remind folks to contact the facilitator if you are unable to come to a session** (if not included, give them your contact info. to add to their copy)
- **Read the CHECK-IN orally, in turn.**
- "Since time has been spent on introductions today (tonight), **we'll keep our check-in short**"; ex. "**Might you have a joy or feeling of gratitude you can share with us?**"

2. CHECK IN: (at 2nd and later sessions: repeat names again, if needed, and read the following aloud, as you choose):

Check-in is a time to deepen our connections with each other by sharing joys, sorrows, challenges, and changes in our lives. Sharing is not required. Only share if you are comfortable. What is shared in group is confidential.

Some **CHECK-IN PROMPTS:**

- *How have these past couple of weeks gone for you?*
- *Can you share some of your "highs" and/or "lows"?*
- *Has anything brought you a sense of gratitude or accomplishment? - of joy - or sorrow?*

3. OPENING: Use "chime" or bell to quiet folks; LIGHT CANDLE:

(3 reading choices below, you might vary this from session to session)

- *May "our separate fires kindle one flame" as we gather in this circle—bringing our stories, our reflections, our hopes and our struggles.
May our candle flame lend light and promise for our time together.*
~~~~~
- *May we know once again that we are not isolated beings, but connected, in mystery and miracle, to the universe, to this community and to each other.*  
~~~~~
- *May our time together bring learning, understanding, compassion, encouragement, and hope as we share about our life journeys and passions.*

4. CENTERING: *In preparation for our conversation, let's take a few moments to center ourselves and be thankful for this time we have together in community.*

Please get comfortable, place both feet solidly on the floor, rest your hands on your thighs and let your shoulders drop. Gently close your eyes or focus on a spot a few feet in front of you on the floor. Bring your attention to the flow of your breath.

*Breathing in I calm my body.
Breathing out I smile.*

*Dwelling in this present moment,
I know this is a wonderful moment.*

Our life's path is not one we travel alone. We are in it together, and the company of spiritual friends helps us feel our interconnectedness.

Ring the chime: *"Slowly open your eyes."*

5. DISTRIBUTE READING:

Ask for **volunteers** to **read the paragraphs aloud, in turn.** You might include a **pause after the reading**, to allow time to reflect before responding.

6. POSE QUESTIONS to prompt sharing, invite folks to respond if and as they choose; If you choose, you can **split readings into sections**, with questions/conversation as you go along (some readings are already done this way).

Encourage silent spaces between reflections; be comfortable with silence.

You might prompt: **"Take some time to think about that."** - or the like.

FEEL FREE TO ADJUST or ADAPT THE QUESTIONS PROVIDED

You may not get to all of them, or you may want to modify them slightly or skip around a bit, even make up a new question, depending on what comes up in the conversation, to keep it moving along.

KEEPING YOUR GROUP ON TRACK: If a group member should go on and on, or responds inappropriately so that **conversation needs redirection**, gently ask that they give others an opportunity to share or say something like:

- **"Let's reconsider the question"**
- **"Let's stop now and take a moment to reflect."**
- **"Thank you for sharing your thoughts. Now let's move on".**

You can also make reference to the covenant.

(If you are co-facilitating, work out a collaboration system with your partner, such as: when the other is facilitating, feel free to help guide the conversation, step in if you see a need to redirect.)

If the conversation has slowed down, you as facilitator can model responses to help the conversation along. **Some prompts could be:**

- **What are your thoughts about that?**
- **How does it make you feel?**
- **Can you say more about that?**
- **What does it make you think of?**

If the topic is really not going well, turn it back to the group:

- **"What do you want to do with this topic?"**

~~~~ TOPIC READINGS start on next page ~~~~~

## HYGGE: A quality of coziness and contentment

### What Is Hygge? What You Need To Know About The Danish Lifestyle Trend It'll help make winter more bearable, for starters.

The winter nights are drawing in on a world which seems to get busier and more hectic every day and the need to sit back, relax and enjoy the small things in life has never been more prevalent. With stress levels rising in many countries across the globe, the Danes have established themselves as lovers of calm and in turn, consistently top the polls as the happiest people on earth along with many other Scandinavian countries. It is frequently argued that this is all down to *hygge*. But what in the world does *hygge* mean exactly? First, let's start with how you say it.

Pronounced "hue-guh," the word was originally a Norwegian term for well-being. Developed into a concept and way of living by the Danish in the 18<sup>th</sup> century when it first appeared in writings of the time, the country hasn't looked back since. About mid-20<sup>th</sup> century, the word began appearing in English writing, as a noun and adjective, to refer to cozy and comfortable surroundings that invoke an inner sense of contentment or well-being through enjoying the simple things in life. The term has no literal translation, making it almost impossible to pinpoint exactly what *hygge* means, but it is largely defined as more of a feeling or mood more than a specific word, and the concept can be interpreted as a mental state rather than a physical one. If you've ever enjoyed reading a book indoors on a rainy Sunday, or a cup of hot cocoa on a snow day, or an intimate gathering of friends at someone's house for a candle-lit dinner and conversation, you've experienced *hygge* without even knowing it.

*Hygge* can be a noun, verb, and an adjective. You can practice by saying things like, "What a *hyggelig* (*hygge*-like) home you have!" Or, "It was so *hyggelig* to see you!" Also, popular: "Saturday night was so *hyggelig*." Alternatively, you can be a *hyggespreder* (someone who spreads the *hygge*). Woolly socks—a cozy must-have—are *hyggesokker*, and finally, Friday night can be reserved for *familiehygge*. But no matter how you say it, *hygge* is the new poster child for happiness.

The fire and candles are traditional elements in establishing *hygge*. This tradition is likely connected to the endlessly dark and cold Nordic winters, during which people in the past found comfort and relaxation in watching their flickering dance. Applicable to any time and space, *hygge* traverses both winter and summer but the idea really comes alive in the harsh and bracing cold season Scandinavia is renowned for. These bleak winters demonstrate the power of *hygge* even further, as even in the depths of the country's coldest months when there is very little daylight, Denmark's inhabitants remain the world's happiest people.

Nordic cultures, to some extent, romanticize the home as a 'safe haven' where families get together and gather new strength to again face the outside world. "A *hyggelig* home embraces you and comforts you. It meets you with an uplifting atmosphere and a feeling of belonging. Danes spend quite some time indoors, due to the unpredictable weather, and therefore we put both time and energy into creating a *hyggelig* home."

Occasions infused with *hygge* might also require putting on some fuzzy slippers and wearing your *hyggebukser* (*your pants that are oh-so-comfortable but shouldn't be seen in public*). If you haven't already done so, we encourage you to add *hygge* to your living space with some candles, blankets, and anything else that will provide comfort—and then have a *hygge* get-together.

~ excerpted from SELF: <https://www.self.com/story/practicing-hygge-danish-lifestyle>  
and <https://www.self.com/story/practicing-hygge-danish-lifestyle>

**Let's take a few moments to review this reading before sharing our thoughts.**

**QUESTIONS:**

- What are some thoughts you have as you reflect on this concept?
- What comes to mind of things you have done in the past, especially during cold weather, that you think are *hyggelig* (*hygge*-like)? Do these work to make the cold weather seem less unpleasant?
- Do you have a *hyggelig* place in your home, if so, what do you have there. If not, how might you make one?
- Do you have some *hyggelig* clothing that you cherish and use when relaxing?

**READINGS set 2:**

Below are some comments from a recent visitor to Denmark:

*"We are learning all about 'hygge' here -- but I guess to fully experience it, you need to come when it is winter. One thing I love here: all the restaurants and bars with outdoor seating have big baskets of cozy blankets to bundle up in, so you can stay outside even if it's a bit chilly. One waitress told us that it's to maximize time outside, since the winters are so dark and long."*

*"Inadvertent symbolism: In Denmark, even the plugs look happy. The American grounded plug beside them looks . . . anxious and unhappy. "Hygge" seems to extend to electrical plugs!"*



According to the 2016 World Happiness Report, Denmark clocks in as the world's happiest country.

Meik Wiking, the CEO of the Happiness Research Institute in Copenhagen, believes that the positive state can be attributed to *hygge*. "The Danes are exceptionally good at decoupling wealth and well-being," he says. "We focus on the small things that really matter, including spending more quality time with friends and family and enjoying the good things in life." And recently, the rest of the world has begun to catch on to this wonderful way of life.

*Hygge* is all about being in the moment, feeling completely relaxed and centered, letting go of the hectic world around you, **either alone or with loved ones**. *Hygge* time in Scandinavia is enjoyed after a busy day of activities. No phones and computers allowed in those magical moments. — *Ole Henriksen, quoted in Vogue (Australia), Aug. 2018*

In his book, "The Little Book of Hygge: Danish Secrets To Happy Living", Wiking explains that you know *hygge* when you feel it, but that some of the key ingredients are **togetherness, relaxation, indulgence, presence, and comfort**. *Hygge* is when we say: "There is no discussing politics now - now we are going to *hygge*." It is when we put aside our differences and cooperate. "The true essence of *hygge* is the pursuit of everyday happiness and it's basically like a hug, just without the physical touch."

There is effortlessness in *hygge*, which means that we can be together with friends and family without having any plans besides relaxing and enjoying a good time together.-- Christian Bjornskov, author of *Lykke* (Happiness)

But how do you actually host a *hygge* gathering? "You need candles," advises Trine Hahnemann. "It's about making sure people are welcomed right away, with something to eat and drink - and this food doesn't need to be fancy. It's not about making sure everything is perfect. It's about gathering together and finding fellowship in our imperfect humanity. — Deena Prichet, *NPR.org*, 21 Dec. 2017

Anne Roderick-Jones writes on SELF:

"Full disclosure: I'm so over self-help-get-happy books. Marie Kondo, the Japanese organizing consultant, took the world by storm claiming we should sweep our lives clean of anything that doesn't spark joy and thank the stuff that does. But I don't want to thank my socks for their service. And there are a slew of books on practicing minimalism, begging us to throw out our possessions for experiences. But I don't want to part with my books. . .

This whole *hygge* thing is something I might be able to get behind, though. It requires only a small effort, doesn't ask me to speak to my gym clothes, and costs little—if any—money. Wiking says, "There is nothing fancy, expensive, or luxurious about a pair of ugly woolen *hygge* socks—and that is a vital feature of *hygge*. It's about appreciating the simple pleasures in life and can be achieved on a shoestring budget." Plus, it's just fun to say."

***Hygge* is the art form of creating intimacy in any given moment.** Usually a social occasion for loved ones to get together to experience the comradeship, warmth and contentment of the event, **it can also be enjoyed alone** to calm the nerves and sooth the senses. **An idea which not only breaches weather and seasonal barriers but also social ones**, it is something everyone in Denmark partakes in and it has spread through to every aspect of Scandinavian living to become a part of the national consciousness. *Hygge* is something that happens all year round. Picnics in the park, barbeques with friends, outdoor concerts, street festivals and bike rides can all be very *hygge*, especially when done the Danish way. Appreciating the small joys in life at all times, *hygge* followers have tapped into a source of happiness which the rest of the world can greatly benefit from in an ever-evolving technological society.

Meik Wiking says, "*Hygge* is such an important part of being Danish that it is considered "a defining feature of our cultural identity and an integral part of the national DNA . . . In other words, what freedom is to Americans. . . *hygge* is to Danes"."

#### QUESTIONS:

- Does this give you some new perspective or ideas about how you might use *hygge* to make the holiday season calmer and the upcoming winter season more appealing?
- Think about giving some *hyggelig* things as gifts. What might you consider?
- What about other times of year? How have you brought *hygge* into your life?
- Are there some new *hyggelig* activities you might you try?
- What are some ways you can think of to make happiness a way of life, as the Danes do? What might you try to do more regularly in the "Danish way"?

**NOTE:** the last 2 pages, "**Tips to Hygge in the Home**", are for you to take home as a reference for ideas.

As CONVERSATION comes to an end, you might ask for **last thoughts on the topic**:

*“Do you have a thought from this conversation that you will carry home with you?”*

### CLOSING:

A response to an online blog reads: *“I’m Danish and I live in DK. Especially the part about hygge not being expensive is spot on. Hygge is all about using all 5 senses to absorb the joy of even the simplest things; the smell of apple and cinnamon cake; the words of a lovely poem; the feeling of lying in your bed in freshly ironed linen; or just looking out at the autumn colours in the garden. Hygge is everywhere; you just need to discover it.”*

### RING CHIME and EXTINGUISH CANDLE:

*As our time together comes to a close, we give thanks for one another, for the chance to share our lives, and to renew our spirits in the company of friends. May we go forth enriched by our gathering, committed to living life fully, to loving life with more passion, and to supporting one another - and sharing hygge in our lives. .*

### ANNOUNCE NEXT SESSION’S TOPIC: (unless last session)

**Ask for a volunteer to bring in a CLOSING reading (if needed) for this next session** (It can be something they particularly like, doesn’t necessarily have to relate to the topic.)


**if providing SNACKS, ask for a volunteer**

### TIPS for HYGGE in the HOME on next 2 pages:

**And one last note** - this topic set off a fun gifting theme for Christmas - mugs with hot chocolate packets, slipper socks, and fleecy throws for the couch - along with a Hygge card explaining Hygge. Using Google search, you can find all those items geared to special interests and passions - FUN!!

For PDF files of the card for printing - back to back, half-fold,  
contact [abailey379@gmail.com](mailto:abailey379@gmail.com)

‘Hygge’ draws meaning from the fabric of ordinary living. It’s a way of acknowledging the sacred in the secular, of giving something ordinary a special context, spirit and warmth and taking time to make it extraordinary.



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(Excerpts from: <https://www.ama.com.au/indonesia/hygge> and <https://www.salt.com.au/brachdion/hygge-danish-hells/>)  
This card designed by Anne Bailey  
If you would like to receive PDF files to use to make copies, contact: [abailey379@gmail.com](mailto:abailey379@gmail.com)

**HYGGE: A quality of coziness and contentment**

Pronounced “hoo-guh,” the word was originally a Norwegian term for well-being. Developed into a concept and way of living by the Danes in the 18th century when it first appeared in writings of the time, the country hasn’t looked back since.

With stress levels rising in many countries across the globe, the Danes have established themselves as lovers of calm and in turn, consistently top the polls as the happiest people on earth along with many other Scandinavian countries. It is frequently argued that this is all down to hygge. But what in the world does hygge mean exactly?

Hygge has no literal translation, making it almost impossible to pinpoint exactly what it means, but it is largely defined as more of a feeling or mood rather than a specific word - the concept can be interpreted as a mental state rather than a physical one. If you’ve ever enjoyed reading a book indoors on a rainy Sunday, or a cup of hot cocoa on a snow day, or an intimate gathering of friends at someone’s house for a candle-lit dinner and conversation, you’ve experienced hygge without knowing it.

Some of the key ingredients are **togetherness, relaxation, indulgence, presence, and comfort.** Hygge is when we say: “There is no discussing politics now - now we are going to hygge!” It is when we put aside our differences and cooperate. “The true essence of hygge is the pursuit of everyday happiness and it’s basically like a hug, just without the physical touch.”

This tradition is likely connected to the endlessly dark and cold Nordic winters, during which people in the past found comfort and relaxation in watching their flickering stoves. Applicable to any time and space, hygge traverses both winter and summer but the idea really comes alive in the harsh and bracing cold season. Scandinavia is renowned for these bleak winters, demonstrating the power of hygge even further, as even in the depths of the country’s coldest months when there is very little daylight, Denmark’s inhabitants remain the world’s happiest people.

There is effortlessness in hygge, which means that we can be together with friends and family without having any plans besides relaxing and enjoying a good time together. If you haven’t already done so, add hygge to your living space with some candles, blankets, and anything else that will provide comfort—and then have a hygge get-together. Wear comfy clothes, your favorite slippers (or *slipper socks*). Food you serve doesn’t need to be fancy. It’s not about making sure everything is perfect. It’s about gathering together and finding fellowship in our imperfect humanity.

Hygge can be a noun, verb, and an adjective. You can practice by saying things like “What a **hyggelig** (hygge-like) home you have!” Or, “It was so hyggelig to see you!” Also, popular: “Saturday night was so hyggelig.” Alternatively, you can be a **hyggeprender** (someone who spreads the hygge). Occasions infused with hygge might also require putting on some fuzzy slippers and wearing your **hyggeboots** (your pants that are oh-so-comfortable but shouldn’t be seen in public). Woolly-fleecy socks —a cozy must-have—are **hyggeboots** and finally, Friday night can be reserved for **familielhygge**. But no matter how you say it, hygge is the new poster child for happiness.


**Hygge** is something that happens all year round. Picnics in the park, barbecues with friends, outdoor concerts, street festivals and bike rides can all be very hygge, especially when done the Danish way. Appreciating the small joys in life at all times, hygge followers have tapped into a source of happiness which the rest of the world can greatly benefit from in an ever-evolving technological society.

Some comments from a recent visitor to Denmark: “We are learning all about hygge here – but I guess to fully experience it, you need to come when it is winter. One thing I love here: all the restaurants and bars with outdoor seating have top baskets of cozy blankets to bundle up in, so you can stay outside even if it’s a bit chilly. One waitress told us that it’s to maximize time outside, since the winters are so dark and long.”

On her Facebook page, she posts:

**Inadvertent symbolism:**  
In Denmark, even the plugs look happy. The American grounded plug beside them looks... anxious and unhappy.

“Hygge” seems to extend to electrical plugs!



Meik Wiking, author of “The Little Book of Hygge: Danish Secrets to Happy Living,” says: “Hygge is such an important part of being Danish that it is considered a defining feature of our cultural identity and an integral part of the national DNA... In other words, **what freedom is to Americans... Hygge is to Danes.**”

## TIPS to HYGGE in the HOME

### How to create a comfortable *hygge* environment

#### Invest in Candles

Rumoured as one of the largest consumers of candles in the world per capita, Denmark and other Scandinavian countries have embraced the power of the warming glow of candlelight. Whether scented or unscented, candlelight transforms the clean, fresh style of classic Scandinavian interiors into a flickering escape from winter's chill and a simple lit candle is seen as one of the most fundamental *hygge* moments to achieve. Danish brand Skandinavisk have even developed a *Hygge* fragrance with notes of brewed tea, baked strawberry cake, rose petals and wild mint for the ultimate *hygge* experience.

#### Add Texture

When you think of cosy and warming interiors to create the perfect relaxing moment the mind instantly goes to lusciously soft textures which add another dimension to any interior – think chunky knit cushions, faux fur throws and fluffy blankets. When combined with a roaring fire or soft candlelight, there is no setting more *hygge*.

#### Remember the Simple Things in Life are *Hygge*

You don't need to overhaul your interior to make it more *hyggelig*, tiny additions to the home can transform any moment. Treating yourself to your favourite coffee, indulging in new bubble bath for long dips by candlelight or finally putting your favourite photographs on the wall are all instant mood lifters whenever you use/see them, so take the time to enjoy them. You might set up a *hygge*krog, which roughly translates to "a nook - a place to snuggle up with a warming blanket, read a book, and sip tea. Cuddling up and watching a movie or TV is very *hygge*—especially if you're sharing a blanket and bowl of popcorn. Board games, books, and taking a walk can also be *hygge*. Petting a cat, too.

#### Enjoy your Loungewear

Comfortable loungewear needn't be an extravagance. Socks, sweater, shawl, leggings—even a bun is suggested to feel the most *hyggelig*. Pull on a pair of *hyggebusker* (those pants one would never wear in public, but are secretly a favorite), and experience zero shame for lounging about in a shabby, decade-old pair of sweatpants.

#### The *hygge* way of eating is all about indulging mindfully.

The high level of meat, cakes, and coffee consumption in Denmark may well be directly linked to *hygge*. It is about giving yourself a break from the demands of healthy living, and taking time to bake, savor, and enjoy the process of it. Cake is *hyggelig*, hot chocolate, too, but carrot sticks - not so much. Also a hearty stew or a bowl of popcorn, shared from the same bowl. Allow yourself to choose a favorite that feels like a true indulgence—like a food hug, if there were such a thing.

#### *Hygge* with Friends

Primarily a social endeavour, *hygge* can especially be enjoyed with friends. The long Scandinavian winter nights are interspersed with *hyggelig* gatherings of friends and family by the fireside drinking gløgg (mulled wine) and eating wholesome food, so the best way to experience this idea for yourself is to invite your nearest and dearest round and get cooking. Not just reserved for staying inside, *hygge* can also be found in the great outdoors and joy can be found from simply donning your warmest clothes and going on a winter walk with your favourite people. The notion of *hygge* can also be used to uplift others, so test out your baking skills and take your creation round to a friend's house you haven't seen in a while to indulge in a spot of *hygge* together.



## Take Up a New Hobby or Practice an Old One

Taking up new hobbies to enjoy in the home allows you to switch off and refocus the mind. Turn off the TV and grow to love something new that you can nurture during your *hygge* moments in the home or pick up something you used to love to do but don't have time for anymore. Crafty hobbies such as knitting or sewing which have been gaining in popularity in recent years are perfect to teach yourself and help to relax and calm your being, or curling up and reading a good book for a few solitary hours will have you refreshed in no time.

## Don't Rush

We are always rushing aren't we? We always have somewhere to be and we are always thinking about the next thing we have to do whilst doing the thing before. To truly *hygge* you need to slow down a bit to take it all in, there will always be something else to think or worry about but this concept teaches you to take each moment as it is without rushing onto the next. Take the time to really enjoy the mug of coffee you have made, stay an extra ten minutes in the bath to ensure daily stresses have melted away and definitely savour that slice of cake – or you will regret it later.

## Don't Overdo

*Hygge* is never about extravagance, indulgence yes, but extravagance no. *Hygge* settings are not about wowing or impressing guests, they are about creating a warm and inviting atmosphere that friends and family never want to leave. Dinners don't need to be styled to perfection with a 10 course tasting menu and parties don't need a long list of cocktails accompanied by an out of this world playlist to be enjoyed, take gatherings back to basics for a more natural, laidback feel.

## Enjoy the Space Around You

The key idea behind *hygge* is to enjoy the environment around you and nowhere is this more essential than in the home. Each room can be a sanctuary to sink into at any given moment and therefore filled with key items to allow you to do this. Due to increasingly stressful lives, an emphasis is placed on the need to 'escape' the everyday to experience true relaxation. *Hygge* fights against this notion, demonstrating that overall well-being can be enhanced by **making small changes to everyday environments, relieving the need to escape at all**. So whatever you are doing, take the time to revel in the tiny moments that make you smile and uplift the soul.

## Remember *Hygge* Isn't Just for Winter

Whilst *hygge* is frequently associated with cosiness, it is a way of life which can be enjoyed all year round. Grab your friends and head to the local park for a picnic or a game of Frisbee, or take some time to sit out in the sun with your favourite magazine and a cold drink to experience *hygge* in the warmer months. Taking everyday dining occasions into the garden is also a must for summer *hygge* moments to make the most of the sun before winter rolls in again and it's time to bring out the chunky knits and candles.

Would you like to have a "Hygge" mug? The website below has many variations. The mug shown here:

[https://www.zazzle.com/hygge\\_mug-168138478440352625](https://www.zazzle.com/hygge_mug-168138478440352625)

~ these TIPS excerpted from:

<https://www.amara.com/us/editorial/style/hygge>

and <https://www.self.com/story/practicing-hygge-danish-lifestyle>

