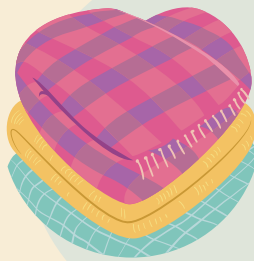




How to Hygge*

*'hue-guh'

hygge is a personal thing - pamper all your senses - what looks, feels, sounds, smells & tastes good to you?

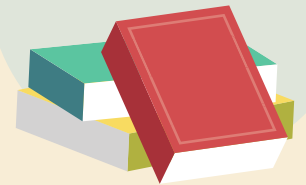


texture & cosiness are important for hygge - get some cushions & blankets to curl up with



wear comfortable clothes that make you feel good with their texture, pattern or colour

books of all sorts are great for hygge - classics, detectives, gardening or even cookery books

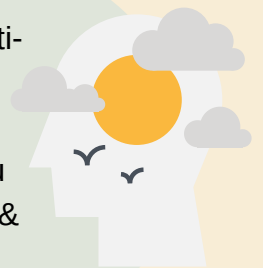


spend quality time with friends & family



use your favourite mug or teapot & have a hot drink - coffee, tea, chocolate, blackcurrant - & savour it

avoid multi-tasking - focus on what you are doing & enjoy it



cakes & pastries are 'hyggelig' - or how about a biscuit, or some chocolate?



if you aren't lucky enough to have a real fire, find a virtual one to play on your smartphone or your TV



candles are popular for hygge. If you don't have any, try electric tea lights, fairy lights or a lamp

bring the outdoors in with plants or flowers



What is hygge?

It's being cosy, content & comfortable.

Taking time away from the daily rush to relax and enjoy life's quieter pleasures.

