

Hygge (Hoo-guh)

The Danish Way to Live Well (Based on “The Little Book of Hygge” by Meik Wiking)

The Best Things in Life Are Free

“There is nothing fancy, expensive, or luxurious about a pair of ugly woollen hygge socks—and that is a vital feature of hygge. Hygge is humble and slow. It is choosing rustic over new, simple over posh, and ambience over excitement. It is wearing your pyjamas and watching a movie the day before Christmas, it is sitting in your window watching the weather while sipping your favourite tea, and it is looking into the bonfire on summer solstice surrounded by your friends and family.”

What is Hygge?

“Hygge is about an atmosphere and an experience, rather than about things. It is about being with the people we love. A feeling of home. A feeling that we are safe, that we are shielded from the world and allow ourselves to let our guard down. You may be having an endless conversation about the small or big things in life—or just being comfortable in each other’s silent company—or simply just being by yourself enjoying a cup of tea.”

Ways to Create Hygge

- Candles and Lamplight. Overhead lighting can be harsh and overly bright. Lighting candles and having lamplight creates an atmosphere of coziness and warmth on long, cold nights.
- Presence. Be here now, fully in the moment. Turn off your devices and share space with loved ones. If you’re alone, pick up a book or do something creative.
- Wholesome food and drink. Drink warm beverages, eat sweet treats or fresh breads. Whatever warms your stomach and leaves you happily full, that’s hygge to eat.
- Equality. Share tasks and conversation. Recognize the part that everyone in your life has to play. Treat those around you with respect.
- Gratitude. Take it all in and celebrate what you have. Live fully in the moments that bring you pleasure and contentedness.
- Comfort. Get cozy and take a break. Leave lots of time in your day for relaxation. “No animal, according to the rules of animal-etiquette, is ever expected to do anything strenuous, or heroic, or even moderately active during the off-season of winter.” (The Wind in the Willows)
- Truce. Leave the difficult conversations at the door. There’s a time and a place for those, but make sure that those conversations aren’t ruling your life.
- Togetherness and Harmony. Share stories of warm memories. Listen to good music together. Listen when your friends are speaking. Surround yourself with people you love.
- Shelter. Make your home a space of peace and security. Set boundaries around those you let in. Find little ways to make your home feel nice to you. Carve out a corner that is just yours. You deserve to feel safe and protected in your home.