

# Hygge Lifestyle Ideas

*The following list is designed to help you create your own Hygge (hue-guh) lifestyle. Remember that Hygge is a feeling of comfort and connection, and isn't meant to define a specific way of living. There is no right way to Hygge, but there is a wrong way. The wrong way is letting life slip by without enjoying little moments.*

## TRANQUIL SURROUNDINGS

- ❑ Candlelight or soothing music
- ❑ Sound of nature, or Quiet Moments with a special teacup or mug
- ❑ Mood Lifting Home Décor—items that lift your spirits, and bring sentimental memories to mind

## COMFORT

- ❑ Comfortable lounge wear—cozy sweaters, and casual wear
- ❑ Throw Blankets—curl up and get cozy
- ❑ Pillows —can brighten up the décor and bring comfort
- ❑ Pajamas—lounging pajamas for those lazy days or nights
- ❑ Socks —fuzzy socks to keep the toes warm and cozy

## CONNECTION & MINDFULNESS

- ❑ Self Care Moments—quiet moments of reflection, soothing baths, routines that “un-plug” from media, doing something you love
- ❑ Family Time—game nights, movie nights, road trips, nature hikes, camping, swim days, bonfires
- ❑ Friends & Extended Family—simple potlucks, game nights, coffee or tea dates
- ❑ Don't Over Do It—no stress, no expectations, just a welcoming home meant to enjoy life and connect with others.

May you master Hygge and start enjoying life again,

Loads of Love,

*Jacquie*

