

## Living a hygge lifestyle

Hygge is a Scandinavian concept of creating a sense of calm and safety. It's also described as coziness. There are many possible benefits to creating a sense of hygge in your life.

### Possible mental benefits

- Reduced symptoms of anxiety and stress
- Increased feelings of self-worth and self-compassion
- Greater sense of mindfulness and gratitude

### Possible physical benefits

- Improved sleep
- Fewer cortisol (stress hormone) spikes
- Improved self-care routines

### Possible social benefits

- Improvement of existing relationships
- New social connections
- Decrease reliance on social media



## Questions to ask to find your hygge

- What makes you feel “comfy”?
- What in your day brings you joy?
- Do you use various types of lighting?
- Who do you like to cook with?
- What smells make you happy?
- Where are your favorite outside places?

## Create a hygge krog (hygge space)

- Soft or natural lighting
- Calming colors and textures
- Items that bring you joy
- Pleasing sounds and scents

