Bring Hygge Into Your Home

a quick start guide

WHAT IS HYGGE?

It's about intentional time by removing the distractions, hustle and bustle. The concept and how it focuses on coziness, comfort, and connection

CREATE A COZY ATMOSPHERE

This can be achieved by using warm lighting such as candles, string lights, lamps etc. you may also choose to add textures like blankets, throw pillows, and rugs. There is a no size fits all and also goes beyond aesthetic.

INCORPORATE FAMILY MOMENTS

Just like creating a cozy atmosphere, you want to create warm and inviting moments too. Family hot cocoa nights, storytelling, or baking cookies together are all ideas that you can incorporate with intentionality for wholesome interaction with your family.

COMFORTING MEALS AND DRINKS

Create simple, hearty meals like soups, stews, and teas. I've heard of women keeping cookies and breads in the freezer for easy thawing and baking to keep things simple. It's all about bringing warmth and keeping an atmosphere of openness.

DIGITAL DETOX

With the concept of bringing a sense of hygge to your home, the TV is on much less often and scrolling on the phone doesn't happen much. You may simple choose to be digital free for one day or take a week off or a month. TV time may even dwindle down to 30 minutes a day. Just remember, keep things simple.

If this interests you, I encourage you to choose do one thing this week to embrace the concept of hygge in your home. Don't feel the need to rush into it. All you need to do is take simple steps to get there.

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