



# How to Hygge

## Things to Do

- Spend time outside each day.
- Allow time for self-care.
- Create a welcoming home environment.
- Declutter your home and life.
- Take time to achieve the correct lighting for your home.
- Spend time by your fireplace.
- Light candles.
- Bring nature indoors.
- Spend time with pets.
- Have fluffy rugs.
- Wear cosy socks.
- Drink hot beverages.
- Bake and enjoy eating your creations.
- Pick up a book (put down your phone).
- Have comfortable clothes to relax in.
- Appreciate the simple things that bring you joy in life.

## Things to Avoid

- Taking your phone everywhere you go.
- Staying inside alone all day, especially in winter.
- Walking with your phone in your hand and ignoring the world and people around you.
- Strict hygge rules. Keep things simple and lead a forgiving lifestyle.
- Spending lots of money to try and achieve hygge. Hygge is about working with what you have and the world around you.