

Open Your Class With This Tomorrow- *The Little Book of Hygge: Danish Secrets to Happy Living*

Hygge (pronounced hoo-ga) is coziness and security that brings contentment. It may just be that magic ingredient that makes Danes the happiest people on earth. But how can you create hygge?

1. Atmosphere- Use lighting to set the mood.
2. Presence- Be in the now. Take away all electronic distractions.
3. Pleasure- Give yourself a treat- coffee or sweets are a great start.
4. Equality- Be together and get involved. Two hands are better than one.
5. Gratitude- Take it all in and be thankful.
6. Harmony- No need to brag; you are already valued.
7. Comfort- Take a break and relax.
8. Truce- No drama! Save that conversation for another day.
9. Togetherness- Build those social relationships.
10. Shelter- Create a place of peace where you feel secure.

Directions: Having a hygge emergency kit on hand is helpful for those moments when you need a little time for yourself to regroup. Think about all of your senses! Suggestions for items to collect while building your very own hygge box are listed below.

1. Vision/Smell- Candles create great lighting to set a cozy mood. A scented candle might even evoke one of your favorite memories.
2. Touch- A pair of woolen socks to keep your toes cozy. A warm sweater or nice blanket to cuddle up with.
3. Hearing- Music, especially something slow and peaceful.
4. Taste- Good quality chocolate to savor every now and then. A favorite tea or coffee also provides that warm feeling inside. Jam or something homemade gives that extra special feeling.
5. Feeling- Favorite book/film/TV series to forget about your worries and get lost in the moment. A notebook to journal about your favorite hygge moments or future hygge moments. It can also be used to write down what you are grateful for. Favorite letters to reread and reminisce. Paper and pen to write a letter to someone to show your gratitude. A physical photo album to reminisce about some of your favorite experiences.