

# WHAT IS HYGGE STYLE? AND HOW TO GET IT!

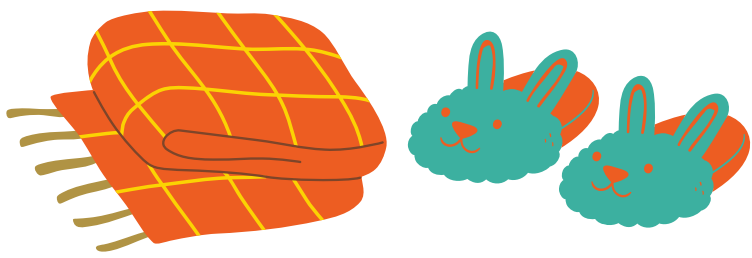
TIPS TO HYGGE YOUR LIFE!

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Enhancing People. Improving Business.



## WHAT IT IS...

Hygge (pronounced hoo-gah) is a Danish concept focused on creating cozy spaces that highlight simple pleasures and togetherness. Originating from the Norwegian word for "well-being," it represents both a lifestyle and an environment.



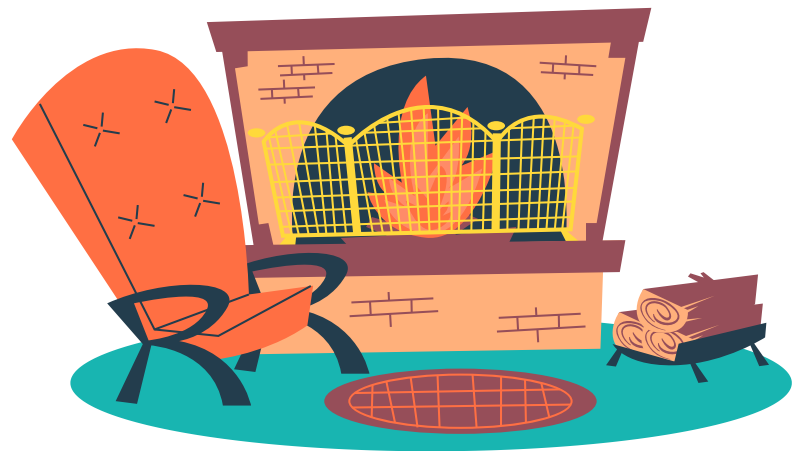
## HYGGE ALLYEAR ROUND

Perfect for winter hibernation, hygge also boosts happiness year-round. Denmark, one of the happiest countries, embraces it to recharge and find comfort. In summer, enjoy hygge with picnics, bonfires, or outdoor movie nights. It's about savoring life—whether it's an extra slice of cake or letting go of stress for a cozier lifestyle.

## WHAT IT MEANS...



A cultural concept of comfort, calm, and a good life—shaped by cozy spaces, relaxing practices, and joyful surroundings.



## HOW TO ADD HYGGE TO YOUR LIFE & SHARE IT WITH OTHERS!

- Share meals with loved ones.
- Swap bright lights for warm, soft lighting.
- Cozy up with blankets, warm drinks, and Hyggebukser—your go-to comfy pants for lounging.
- Light candles or burn incense—Danes love their candlelight!
- Create a Hyggeekrog, a cozy nook to relax and stay warm.
- Enjoy hearty, comforting meals like soups and pot pies.
- Put your phone down and replace it with a book! Eliminating screen use and scrolling is proven to improve our happiness levels.



Call Ulliance today, for resources and tools for self-care!