

# HYGGE



The Danish Art of Living Well  
SECRETS FROM THE  
WORLD'S HAPPIEST PEOPLE



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*The Danish Art of Living Well – Secrets From the  
World's Happiest People*

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# Introduction

Congratulations on downloading your personal copy of *Hygge: The Danish Art of Living Well—Secrets From the World's Happiest People*. Thank you for doing so.

The following chapters will discuss some of the many benefits of working with the idea of Hygge in your daily life. If you are tired of being in a rush all of the time, feeling like you don't belong, and that there isn't any sanctuary for you in the modern world, it may be time to work on the idea of Hygge. With this idea, you will learn how to take things more slowly and to really learn how to appreciate the little things, spend time with those you love, and concentrate on the things that are important. This guidebook is going to take some time to look at Hygge and what it can mean for your daily life.

Inside this guidebook, we are going to talk about some of the basics that come with the idea of Hygge. We will talk about some of the common parts of Hygge as well as the different concepts that come with this school of thought. We will then start to explore some of the ways that you can add the idea of Hygge into your daily life. We will talk about how to add this into your life, into your home, into your relationships, and even into the place that you work.

Hygge may be an idea that comes from the Danish people, but it is an idea that can be used all over the world. When you are ready to live a life that is full of relaxation, comfort, and some warm feelings that allow you to feel better overall, make sure to read through this guidebook and learn everything that you can about Hygge.

There are plenty of books on this subject on the market, thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible. Please enjoy!

## Chapter 1: What is Hygge?

The idea of Hygge has been growing in popularity over the past few years. It may be a Danish idea, but it has wide appeal for a lot of people who want to find true happiness. Hygge has many different connotations that go with it, some of which include being cozy, feeling at home wherever you are, and just taking things at a more relaxed pace. It isn't about living your life without problems because problems are going to come up at some point in your life, but it is about being comfortable and having a sanctuary at your own home, being around and spending time with those you love, and being happy with the little things in life.

In the modern world, many times it is easy to just get caught up in all of the chaos that is going on around us. We are always running at work and often have to bring this work home with us. We have school work and taking care of kids to worry about all the time. There are always appointments to handle and if we are not in a fight with someone, it is unusual. There is just so much chaos and discomfort that is going on around you and it is hard to be happy in this life.

All of this chaos and confusion that is going on around us each day is leading us to feel overly stressed, which is so bad for our health. We are going to feel overwhelmed and like there isn't a good way to relax and get some of this off us, but the idea of Hygge is able to help us to appreciate the little things and not focus so much on the materialistic things and other issues that seem to take over our lives, but which don't really have that much meaning overall.

If you look up the definition of Hygge, there are going to be quite a few of them available based on how you choose to have it in your life. If you take a close look at this definition, you are going to see that with the basics of Hygge, it is all about making your life easier to deal with by simply focusing on the simple things that will make your life pleasant. Hygge is not just some ideas that are in your life, but it can become a new state of mind, where all your needs and demands are going to be fulfilled and you are at ease. When it comes to fighting all the hustle and chaos of your life, it sometimes sounds nice to just take a breather and relax a little bit.

Hygge is not going to focus on the things, the materialistic things that are in

your life. When we talk about how Hygge will give you the things that you want and need, it is not physical things. It is about changing the atmosphere that is in your life, how to spend time doing the things we love and being around the people that we love. It is all about feeling that you are home, even if you are at the office or someplace else, the ability to get away from the darkness of the world and any of the troubles that are inside, of being somewhere we are able to just enjoy life because we can let our guards down for a bit.

But that is just the beginning of Hygge. Hygge is also about looking at something that seems pretty ordinary from your daily life, and learning how to take pleasure from it, turning it into something that is extraordinary. Hygge is when you realize that the moment you are living in is a great moment, no matter how simple it is. Something as simple as a warm cup of coffee in the morning can be turned into a hyggelig moment. We learn in Hygge that it isn't necessary to always feel entertained and we don't need the big and flashy stuff in order to get things done in life. Hygge allows us to take a big step back from all the stuff that is going on in our lives, and just learn to appreciate what we have and enjoy the situations and the people who we are surrounded by.

Many people who practice Hygge see it as a type of art form. It is not just an abstract way of life, it is about finding what makes you happy in life and making it an extension of your life. You will need to take some time to expand it a bit so that it can be utilized in your daily life, but with some simple efforts, it is easier to slow down and learn how to enjoy anything that is in your life. You learn how to spend time with your family, how to make some of your own products and foods, and just to enjoy life.

### **What are some of the concepts of Hygge**

Some of the concepts that come to Hygge are held in the hearts of the Danish people. Hygge has Norwegian origin and the meaning of the word will date back to the 18<sup>th</sup> century, although the exact time of inception is unknown. It was around the 19<sup>th</sup> century that this word became very popular and was integrated into the daily lives of the Danish people. They decided that during this time, while the Danish Empire was falling and the country lost tons of land and personal possessions, that it was time to look within, rather than at



material goods, to find happiness. Since the Danes had lost everything, they started to see value in the things that were simple.

Instead of worrying about little things and being upset by what was happening to them during this time, the Danes took an approach that was a bit different, but which ended up making them one of the happiest countries in modern times. This was considered one of the very first times where the people of one country learned how to associate more with the interior of their country and they started to celebrate and really appreciate their smallness, rather than feeling upset by everything that they had lost.

### **Cultural aspects of Hygge**

If you happen to talk to a Dane about the concept of Hygge, you will find that there are many different ways to use this word. It is used in the Danish language as a noun, a verb, and an adjective. Since it is such an integral part of any routine that the Danes will do each day, it has helped them to appreciate some of the smaller things that are in their lives and to just take things slowly and be happy with your lot in life.

When you use Hygge as a noun, it is going to mean a state of complete contentment and fulfillment. During this state, you are in a place where all of your wants and your demands are taking care of. This doesn't mean that you can sit there and use Hygge in order to become rich, and you aren't going to be able to get exactly what you want, but rather, it means that you will learn what is important and what you really need. When you are able to enjoy some things that are already in your life, you will find that your life is more in harmony and you will find some more comfort in the people around you.

When Hygge is treated as a verb, it is meant to be something that will add some warmth and some coziness to your life. For example, if a Dane comes to you and says "let us Hygge with a few friends", it means that your friend wants to do something with friends that is considered pleasant and cozy.

In addition, it is possible to use Hygge as an adjective. When it is used in this manner, it is going to refer to the act of engaging in any kind of activity that is going to be full of warmth and coziness. Often in this manner, it is going to mean that the situation is going to be nice or pleasurable for all of those who come and join in.

There are quite a few words that are associated with Hygge in the language of the Danish because it is such an integral part of how they live their daily lives. It is a concept that is not going to be something you just do on occasions when you need to relax, it is a concept that is going to be around no matter what and if you are using it in the proper way, it is going to make it easier for you to relax, enjoy life, and get the things that you want out of life, no matter what time of day it is.

Hygge is quite a bit different compared to some of the other ideas that float around in our modern world. It is all about exploring the things that are going to make you happy, learning how to spend some time on the simple things in life and rather than finding them boring, finding ways to make them extraordinary, and it is especially about spending some time with your family and friends. It is a big shift away from anything that is materialistic and that will not bring you the happiness that you are looking for.

If you are able to use the ideas of Hygge in the right manner, you will find that while it is tough to not feel angry or jealous about materialistic things on occasion, it is really going to bring you a lot of happiness and a much better life overall.

## **Chapter 2: What are the Different Parts of Hygge**

If you are not someone who grew up in the Norwegian area, you may be a bit confused about what Hygge is all about. It may seem like it is a bit out there, or that it is an impossible task for you to accomplish. How are you going to be able to learn some of these aspects, especially how to be close to other people, when you can't get anyone to hang out with you often? How are you going to learn to be simpler in life if everything around you is all about the materialistic stuff? It is hard to practice Hygge in some situations, but it is so worth your time if you are able to make this happen. Here, we will take a bit of time to look at some of the parts that come with Hygge so that you can explore it and see how Hygge works for you.

## **Homey-ness**

One of the main aspects that come with using Hygge is the idea of being cozy and warm with everything that is around you. You, of course, want to spend time feeling comfortable in your own home, but this can expand to other places as well. You can have this sense of coziness when you are at a friend's house, when you are at work, or anywhere else. This homey-ness is all about finding a place that will give you some protection and a refuge from things that are dark and scary in the real world. It is a place you can go that will help you to relax, not have to worry about the troubles of the world, and so much more.

In addition to having your home fit in this bill, it is important to find another place, or any place, that is going to make you feel comfortable and like you are at home. You also don't need to have a big home or another place to make it feel comfortable; something that has your own personal tastes and fits you and your family will be just fine. A lot of money doesn't make for the idea of Hygge, but having a home that you are comfortable in, that you can be yourself in, will make all the difference in how much Hygge you are feeling.

## **Being around others you love**

It is really hard to be around some people that you don't know and that you aren't that comfortable with. You may not feel like you are at home with these kinds of people, and so, a good way to explore the idea of Hygge is to be around people you know and love. This is why some of the holidays are so important when it comes to the idea of Hygge. Christmas and Easter don't have to be just about the religious points of celebrating them. You will find that many Danish, whether they are religious or not, will celebrate these holidays because they like the traditions and the idea of being able to celebrate with people they are close to, like family and friends.

Now, in order to get some of these feelings, you also need to take the time to learn how to be true to yourself. If you are changing who you are in front of other people compared to how you are at home, you are not practicing the idea of Hygge. If you are able to find people who you like quite a bit and you are comfortable with, you will find that it is easier to be true to yourself, and this just makes life so much more enjoyable compared to having to make pretend and be someone you are not.

Now, you will find that there are many different people you can use the idea of Hygge on, it doesn't just have to be the family that you have known all of your life. You are able to use the idea of Hygge with anyone that you know, as long as they are good about making you feel special and they don't try to make you change the person you really are. Some of the people that you can have Hygge with include your friends, your colleagues, your neighbors, and your family of course.

Keep in mind while you are doing Hygge that it is all about social gatherings and about togetherness, you will need to remember that these gatherings need to be without arguments and debates unless you want to take them out of the idea of Hygge. So, you need to be around people who are going to make you feel secure and comfortable, and you need to be careful about the conversations that you have so that you don't get other people feeling uncomfortable around you.

### **Conversations that are harmonious**

When you are having a Hygge gathering, which are very important parts of this whole idea, you will be entering into a gathering where you should be able to talk with others, share ideas and stories, and do so without feeling like others are judging you or making you feel bad. If you spend time with other people, it needs to be your full attention, rather than spending this time on your tablet or your phone or something else. You are meant to be social with other people and being on this technology is not helping you to be a social person. To be social, you must be present with those around you, to benefit both sides, and if you give your attention away to other people, you are defeating the whole purpose of this.

When you are in a Hygge gathering, whether you are doing this in a small group of friends or having a big gathering, there are a few different rules that you are going to need to follow. One of the first rules that is there is that you will need to keep discussions going in a manner that won't bring up a lot of disagreements and debates. These Hygge gatherings should always be pleasant and cozy, for everyone who is involved, and if you are bringing up topics that will cause some disagreements between the people who are talking, you will end up with quite a mess and someone is not going to end up feeling happy and secure. This is a safe place to be in and the conversations are supposed to be pleasant and easy to enjoy.

If you do end up getting into a Hygge conversation or gathering, you will find that these meetings are a lot of fun. It is common in the modern world for you to go to a gathering and have your opinions challenged and yourself ridiculed all of the time. You may be excluded from the group because you don't have the same ideas as they do or you don't know any of the people who are there. This is completely different from what you are going to find with a Hygge gathering. Everyone is welcome and should be treated as part of the family, and the gathering should stick with conversations that would be comfortable to all. Everyone deserves to feel comfortable and at home, no matter how familiar you all are or not.

Some of the topics that you will need to avoid when you first get started with a Hygge gathering include; raising children, politics, and economic development. These are often going to include some topics that are going to make it hard to keep level heads and to keep things in harmony. On the other hand, some of the topics that are really good to talk about during a Hygge gathering include great meals, old memories, and creating some new memories.

### **Comfort food**

When it comes to practicing Hygge, you will find that eating good food and enjoying some of the best drinks in life are all part of the norm. Hygge is all about how to be kind to yourself, and they see that it is fine to give yourself a little treat on occasion because being healthy all of the time can be really demanding on most people. Cake as well as coffee and hot chocolate are seen as hyggeligt and are part of most of these kinds of gatherings, so it is fine to eat something that is a little treat. Of course, these should not be fancy and you are not supposed to eat it all of the time, but it is the main part that comes up when you are working with the idea of Hygge.

The people who celebrate Hygge and use it in their daily lives completely believe that it is impossible to be happy and content in life if you haven't made the stomach happy in the first place. When you provide a little treat to the stomach before getting started, it is easier to feel happy and peaceful in the environment that you are in. if you want to keep a stomach that is happy and ready to take on all the comforts that come with Hygge, you will find that good food can make a difference, which is why the idea of Hygge will always include a lot of food to them.

So, when you go to one of the Hygge gatherings, you will find that there are a lot of emphases that is placed on eating food. There is a lot of variety that comes with it, and the food is often homemade. Homemade food is actually a part of the Hygge idea because this helps to bring some personal touches to the gathering. Think about it, do you feel more warm and cozy when you eat something from the store, or when you eat something that someone made just for you to enjoy? This is why homemade foods are so important to help you enjoy one of these Hygge gatherings.

## **Hygge and the holidays**

Hygge is an idea that works really well for the holidays, whether or not you consider yourself a really religious person. While holidays like Christmas and Easter are religious holidays, they are still widely celebrated more because they are a tradition. Traditions are important when it comes to Hygge, because they are something that is known, something that you are familiar with and will be able to expect each year, no matter what else is going on in your life during that time.

The holidays on Hygge are going to include lots of family and friends. The Danish people are going to spend their time at the homes of those they are close to, enjoying a lot of fun, relaxing, telling stories, and of course, eating a lot of good food. There doesn't have to be a lot of crazy stuff that goes on during these holidays, it can be as simple as some basic food and good company. While some American holidays are going to include as many presents as you are able to fit into the mix, you will find that the idea of a Hygge gathering is more about the family, feeling secure and comfortable, and just having a good time overall.

And of course, just like any of the other major Hygge gatherings that you will find, Easter and Christmas are going to include a lot of homemade food. When these holidays are close, you will be able to smell all the good food for weeks in advance, as people work hard to get prepared for their families coming over to spend time. These holidays can include not only the good foods and drink, but also time laughing, smiling, and making new memories with the people that you are close to.

While there is so much more that comes with the idea of Hygge, you will find that it is a simple idea that often goes against a lot of what is practiced in the modern world right now. Hygge is about learning how to be comfortable in the current life that you have, about not looking for more things that are materialistic, and about enjoying the time that you have with family and friends, feeling comfortable no matter where you are heading or who you are with. While this may seem hard in the modern world, you will find that with some practice, and with the help that comes in this guidebook, it is easier than ever to add in Hygge to your life and to get some of the great benefits.



## **Chapter 3: Easy Ways to Add Hygge into Your Lifestyle**

One of the best things about Hygge is that you are able to add it to many different parts of your life. You can have Hygge on a day to day basis in your life, you can have it in your home, you can have it at the office, and it is possible to have it with your family and friends. But first, we are going to talk about how it works in your lifestyle. When you are able to bring Hygge into your lifestyle, you will learn better ways of coping with the different things that are going on around you each day, and it can include your basic patterns like your opinions, your interests, your values, your activities, and even with your attitudes. When you figure out how to turn your life into one that will bring you a lot of happiness and contentment, you will find that you are living the Hygge lifestyle.

Unfortunately, right now, more of us are not living a life that is full of the happiness and contentment that we need. We go to work because we need to make a living, not because we enjoy the work that we are doing. We hang out with people because we feel that we have to or because they are the closest ones around, not because we really like them. We are always looking to get more materialistic things in our life because we feel that is the only way to get to happiness. But all of these things are going to influence how happy we are and how content we feel, and if we are missing out on both of these things, it is time for a change.

Our modern lives have made it hard to feel content and to be happy with the lot we have in life, but it is time to make some changes. You can't go in and think that the things that are going on in your life are just going to change, but you can use Hygge to change the way that you perceive the things that are going on in your life. Hygge is great at helping you to learn how to look at things a bit differently so that you can see things better and not be held down as much. Here, we are going to take a look at some of the tricks that you can use to bring Hygge into your life so that it makes a difference and will give you the lifestyle that you want.

### **Learning how to slow down**

In the modern world, we are told that we always need to be on the run. But

with the Hygge lifestyle, we need to learn how to slow down and enjoy a more relaxed lifestyle. You will need to learn that life is not all about running around and rushing all of the time, it is about relaxing and taking things as they come.

You are probably so used to the modern world, the world of rushing around and trying to see how many activities you are able to fit into your daily schedule. But when you are trying to get so much done each day, you will find that we are not enjoying life and at the end of the day, we often feel like we were failures because we missed out on something that was important. We think that we should have had more time to get more done, that we should have spent more time with the kids, or done something else that we didn't get to. This hurrying around and trying to stuff as much into each day is seen as normal in the modern world, but is it really all that healthy for you? It is not healthy to keep going with this kind of lifestyle. All this running around is not good for us, and it is leading us to not be productive and it ruins how well our health is going to feel. We are not going to feel comfortable or at home because there is just so much stress that is going on in our lives. It is time to take a step back and learn how to be completely the opposite of your current lifestyle.

When it comes to Hygge, it is more about taking things slowly and enjoying life. Instead of rushing off to work, the Hygge lifestyle is going to have you sit back and enjoy all that is coming your way. With this lifestyle, you would learn how to take a slow walk on the path, stop and talk to others, be present and active in the work that you are doing right now, and so much more. We end up missing a lot of stuff when we are always on the run and never stop to relax, and the Hygge lifestyle would help us to get this done.

### **Change up your thinking**

When you think about having a hyggelig life, you should start thinking about having a life that is characterized by having togetherness, love, and peace. You are not able to have this kind of life if you learn how to just think about yourself all the time. Yes, modern society has taught us that it is all about the individual and if you are not happy, everyone needs to bend to your will. But this is not going to happen and having that kind of mindset can set us up for a lot of unhappiness overall. The trick here and one of the foundations of the Hygge lifestyle is that you need to think of others, of a togetherness, rather

than just of yourself.

When you are practicing Hygge, you want to learn how to get rid of some of those selfish thoughts that are all around. You need to focus not just on the thoughts that are in your head, but also the ones that may be affecting someone else. When you say something, do something, or act in a certain way, it is important to figure out how this is going to affect someone else, and work to be nice to them as well.

For example, we are able to see this idea of togetherness and thinking of others in the Danish tradition of the Hygge gathering. During these gatherings, the Danes will make sure that everyone who shows up is going to feel like they are welcomed; at peace and that they feel good. No one is allowed to focus on their own happiness during these events; they need to make sure that all the others are doing well and having fun. If you are feeling down during one of these parties, you are ruining a good time for all the others, and this kind of behavior is selfish. You would find a way to be happy so that the others at the gathering can be happy and not just have to focus on you.

So, to make sure that you are getting some more Hygge into your current life, it is time to make some changes with the different thoughts that you have. You should not spend all of your time thinking in term of the "me" but change it to the thoughts of the "we". When you are with a group of friends and you find that the majority of them want to head out to the park, you would go along with the majority, even if you wanted to go and see a movie. It is not that your feelings aren't valid, but if you are fighting against the majority rather than having a good time, you are taking away from their good time as well.

Inside of the hyggelig life, it is important to focus more on the wellbeing and happiness of the ones you love, rather than trying to get all the focus to be on you and what will make you happy right in that moment. You may feel that this is not fair, but it won't take long for you to see that making other people happy, and not ruining their good time, can make you feel happy as well. Putting others in front of you when it comes to happiness can really make a difference in your levels of happiness as well.

This is why one of the biggest elements that comes with the Hygge lifestyle if

spending some time with the people that you love. This can be people such as your friends, family, and significant others. Yes, this is going to be kind of hard sometimes when you are busy and just want to sit at home or if you have a lot of things that are going on in your life. But Hygge realizes that there is a lot of importance that comes with hanging out with those you love because we are social people and we can't feel truly loved without spending time with those who we love. This is why if you want to really get some Hygge into your life, you must spend a bit of time each day with those you love.

### **Cultivate gratitude**

Too many times we focus on things that we don't have in life. These are often materialistic things, and we are going to spend all of our energy feeling upset that we can't have the things in life that we really want, even if they are not that important. You need to take some time to enjoy each day and all of the surprises that can come with these moments. When we learn to enjoy some of the modest pleasures that are coming into our life, we are going to find that it is easier to relax and add in so much more enjoyment to our lives.

Gratitude is going to be one of the important components that you will find when it comes to working on Hygge. You will learn to be thankful for the things that you have in your life, and it will distance you away from some of the bad stuff, such as all of the complaints that you are making on a daily basis. When you shift the focus away from the things that you don't have and you move it to be thankful for the things that you do have, it is easier to realize how truly blessed you are.

It is a struggle for some people to learn to see the things that they are happy for. But you don't need to spend too much time trying on this. The gesture of gratitude doesn't have to be something that is huge or really complicated. Hygge is all about simplicity and simply starting with something like being grateful for the nice meal that you are enjoying, for that cup of coffee in the morning before the chaos begins, or that the weather is nice; is plenty to help you get more of this gratitude into your life.

### **Take time for things that you enjoy**

Again, this modern world likes to take us in the opposite direction of what we really want. We spend a lot of time trying to get things done, but usually, this

work is for someone else. We may spend some time doing things for our boss, for our children, for our friends, family, spouse, and more. But there is rarely going to be any extra time at the end of the day to do something that is just for us, something that we enjoy.

If you want to make sure that you are living a life that is considered hyggelig, we need to learn how to stop wasting time on activities that don't bring us that much joy. There are going to be times when we do a bit of work that we may not enjoy, but instead of letting this take up the majority of our time, we need to learn how to let this just be a little side part of our day while we spend the rest of it doing something that is healthy for us, something that we really like. Even if it is just for a few minutes each day, we need to take the time to find some activity that we really enjoy and that will make us happy.

There are many things that you are going to be able to do in order to fill up your time in this manner. For example, those who follow Hygge often find that they enjoy doing some crafting because it makes them feel good to make other things for people they love and because it is pretty simple to get started with. These crafts not only allow you to have some fun and do something that gets your mind off all the issues that are going on in your daily life, they can help to foster your relationships more than ever because you can give these to those you love, and they show a bit of extra love and attention since you made them yourself.

You are able to choose the kind of craft that you would like to do. Some people who are practicing Hygge will find that knitting or crocheting are great things to get with, because they allow you to use your hands to make something, this can really help to make your home more hyggelig (we will talk about this a bit later), and they have a nice steady rhythm that can keep you calm. They require some focus, but they are still pretty relaxed so that you are able to work on them without feeling stressed.

These are just a few of the ideas that you can use when picking out the craft that you want to do. But when you are able to spend a few minutes each day that brings you some happiness and gives you a break from all the chaos that is going on in your life and around you, it is easier to feel happy and to see Hygge in your life. Life is too busy to just run around all of the time, hoping that someday you will be able to relax and get the joy that you want. You need to take it, and even if you only get a few minutes on a daily basis, it is

better than nothing, and can ensure that you are opening your mind, feeling more comfortable, and getting some of the inner peace that you are looking for.

As this chapter talked about, there are many aspects of your life that can benefit when you choose to add a bit of Hygge to it. You will be able to use this school of thought to learn how to be more grateful for the things that are in your life, even if they are just some of the small and simple pleasures that make life beautiful or if they are something big. They help you to have great conversations with other people so that you feel happier and to spend time with the ones that you love. There are so many aspects of your personal life that can benefit from using Hygge, and when you start to open your mind to this kind of lifestyle, you will be able to make sure a difference.

## **Chapter 4: Turning Your Home into a Hyggelig Home**

Now that we have spent a little bit of time talking about Hygge and how you are able to add it into some of the different aspects of your current lifestyle, it is time to discuss how you are able to bring this whole idea into your home. The home is very important when it comes to Hygge; because it is an area where you will spend a lot of time, in between eating meals, relaxing, sleeping, and having guests over. You need to make sure that when you are at home, you feel completely comfortable. If you can't be comfortable in your own home, what chance do you have to feel comfortable anywhere else in your life? The design and the layout of your home will be really important in order to ensure that you are able to bring Hygge into it.

You do not need to have a lot of money or be an expert in interior design in order to make sure that your home fits this mold, but you do need to be very aware of the way that you are setting up your home if you would like to make sure that it is comfortable and will allow you to be yourself. You need to, above all, consider what is going to make you and your family, or anyone else who lives in the home, feel comfortable. There needs to be some purpose to your designing, but remember that what makes one family comfortable is not going to necessarily do the same for another family, which is why Danish homes can look different.

So, one of the things that you can consider when it comes to designing your hyggelig home is the color. Often, these homes are going to be in a simple color. Neutral colors do work well, but as long as it is kind of a simple color, without a lot of busy patterns that could be distracting, it will work in this kind of home as well. There isn't one look that goes with all of these homes, so pick out a color that you like and that will make you feel warm, comfortable, and relaxed when you are inside.

The price for decorating the home is not all that important either. You don't have to be rich to make your home feel comfortable and ready to sit back and relax. The idea of Hygge is mainly based on the middle class; so, there wasn't necessarily a lot of money to throw into the design of the home. Mostly, it is about knowing what will make you sit back and feel comfortable and at home, and then you work on the design from there.

As you can see, the things that will work in the home will vary for each family that is designing their home. Some people may like a little bit lighter color while others are going to go for the darker ones. The whole design, as well as the style that goes into one of these hyggelig homes, is going to vary a lot about your personal taste.

There are a few things that you are going to notice about a hyggelig home, though. First, most of them will have a fireplace of some sort. This is because the fireplace is really relaxing and inviting and can be one of the center points in the gatherings that you will have there. In addition, the price about items in the home is not that important. No one cares if you have a really expensive item or if you go for something that is a bit cheaper to go with your budget. While most Danes will save up the money to get the more expensive item if that is what they really want for their home, no one is going to judge if you pick a more expensive or less expensive item and put it in your home.

Don't feel too worried about how to decorate the home or about the styling of your hyggelig home. Basically, the only way that you are going to fail at creating one of these great homes is if you create an environment that you don't feel comfortable or at home with. So, go with some of your personal tastes, keep it simple, and you will be just fine.

### **Add some more lighting**

Most Danish homes are going to make sure that the lighting they have in their homes will be cozy, warm, and pleasant. There are different ways that you will be able to do this, but keeping the harsh and bright lights out of your home is a complete must. Instead of going with these bright lights, the ones that will be hard in the eyes and show off all the different corners of the home, most Danish homes are going to go with soft lamps and other fairy lights that give off more of a yellow color inside of the house.

This does not mean that you can't have some brighter lights in the home. There are times when you need to get some work done in the home at night or when you are cooking when the brighter lights can be nice. What many families do for this is have a variety of lights around the home. They will keep quite a few lights around the home so that they can turn on a lot of them, and get brighter lighting when they need, but then they can turn them off and just rely on some of the darker lights when that works for them as



well.

In terms of lighting, many Hyggelig homes are going to rely a lot on candles. The warmth and light that come from candles are often perfect for the intimate and nice conversations that you will have during these times, and you are going to just feel warm and cozy when you see some of these candles around. It is pretty common during a Hygge gathering to find candles all over the place to help set up the mood.

### **Add in more blankets and cushions**

Another thing that you are able to add into your Hyggelig home is to add a lot of texture into the home with cushions and blankets. There is nothing that is as comfortable and relaxing as curling up on a sofa or a chair and wrapping yourself up in plenty of blankets to keep warm and toasty. In fact, many times the Danish people will curl up with a blanket to relax and feel better, even if they are not feeling cold.

There are many ways that you are able to add in some more blankets to your home. You can make some of your own, with the idea that we talked about in the previous chapter of knitting to give yourself some free time during the day. You can purchase some from the store to help bring some texture in as well. Some people enjoy getting ones that are handed down from family members over the years. There isn't really any way that is better than others when it comes to adding in more of the texture, but having nice thick blankets and cushions in the home can lead to the feeling of Hygge, and can make it more relaxed and open.

### **Declutter the home**

If you have a home that is really cluttered, you will find that it is hard to feel like your home is hyggelig. You need to learn how to clean up some of that mess and keep the clutter away as much as possible. One of the best ways to be able to do this is to figure out how to get rid of as much of the stuff that is around you as possible.

For those who are worried that there just may be too much clutter around their homes and that they need to get some of it cleared up, should start right away if they would like to make their homes fit up with this. Go into each room and learn how to clear it up, getting rid of anything that you have

double of, don't use, or is just taking up space. You can spread this out among a few days if you would like, but make sure to get as much of it cleared up and organized as possible so that all of this mess doesn't weigh on your mind and make you feel stressed.

### **Keep the heat up**

Homes that are hyggelig are ones that feel comfortable and warm. This is why the temperature is often turned up in these homes. If you have a large group of people who are coming into the home to have one of these gatherings, it may not be necessary to turn up the heat because their body heat will do it for you, but if you are sitting at home with just a few people around you, you may want to consider keeping the heat a few degrees warmer than normal to help out with this part.

When we feel warm, we feel happy. We can feel comfortable with those who are around us, and we are more likely to feel content and like life is in order as it should. Adding a few degrees to the home, while wearing a blanket or having a fire going, can help us to get into the right state of mind that makes us feel good and ready to take on the world around us. Your home is supposed to be a sanctuary, a place where you can go to get away from the world and all the chaos that is around you, and when you make your home feel toasty and warm, you are helping to do this.

### **Put out your memories**

One of the features that you are going to see inside of a hyggelig home is that there are a lot of memories that are all over the place. These families are not ashamed to have pictures of their memories all over the place, to show off to others who come into the home. This is not only a great way for you to sit back and remember some of the good memories that came your way over the years, but it can be very inviting to others who come into your home to be able to see some of these memories and see some of your past. Put up as many pictures and other memories as you would like all throughout the home and see how much hyggelig it feels.

Creating your own hyggelig home is going to take a bit of time, but making it feel personal, comfortable, and like you can really sit back and relax is the most important step. Each family is going to have some differences when it

comes to their home, because there is just so much that you are able to do to make it fit their personal style. Adding in some of these suggestions, without even having to make major changes to the styling of the home, can help to make it more comfortable and homey for everyone who walks in.

## **Chapter 5: Having Relationships That Use Hygge, Both with Your Family and Friends**

One of the most important parts that you are going to find when it comes to Hygge is the idea of family. You are not going to be able to completely live this kind of lifestyle if you don't have your family and your close friends there to spend time with you each day. The people in Denmark believe that the people who are in their family should be treated with a lot of respect, care, and love. To have a hyggelig life, you should make sure that there is some warmth, as much as possible, in all of the relationships that you enjoy with other people. Here we are going to talk about some of the ways to add more family, as well as more of the warmth, to your life

### **Take time to reach out to those you love**

One of the best ways that you are able to bring some of this warmth to your relationships, especially any of these relationships that you are trying to form with your family, you must take the time to mend a relationship that may have gotten strained over the years. If you are lacking on the loved ones who are in your life, it is often due to some disagreement or argument that happened with your relatives or your friends. To fix up these bonds and help you to get Hygge in your relationships, you might need to take the first step to reach out to some of the people you love.

So, the first step here is to make some amends with those you have had bad blood in the past. You can reach out to the family member that you are having issues with and then talk to them, bringing up that you feel bad that you had that disagreement with them or that you ignored them for a long time. Often, this is going to be enough to help them to feel better and will help to open up the lines of communication so that you can mend. Doing this apology is going to show the other person that you realize that they do have a right to feel hurt by the behavior, and it allows them to look like they are being gracious when they decide to forgive you. In the end, it can help both of you to move on and start a new relationship.

You should also make sure that your loved one is getting a chance to talk about what happened with you. If one of these relatives decides that they aren't going to accept your apology, realize that this means they have decided

that they don't want you in their life right now. If you did actually take the time to apologize in the proper way, and you tried to mend the fence, it may be all that you can do at this time. You may just need to leave that one alone right now and you may need to move on to mending fences with some other relatives who are a bit more open to you.

Once you take some time in order to reach out to some of these relatives you haven't talked to in some time, it is a good idea to see them more often. Unless they live far away, it is not enough for you to see them just a few times each year. You could take charge and decide to form a hyggelig gathering in your home and then do this a few times a year in addition to the holidays. Hopefully, some family members will start to do this as well, and you will start having a chance to connect with some of your family members more often to get some of this warmth and connection.

### **Spending time with those you love**

To get some of the warmth and the connection that is celebrated when it comes to Hygge, you will need to make sure that you are spending some time working on seeing your family. You will need to make sure that you are seeing your family members, as well as your friends, at least a few times a month if not more. Many families in this busy time will only spend one or two times a year together, but this is not really enough to help them to get that connection that you need in Hygge, you must make sure that you spend enough time with those you love to help out with the social aspect of your relationships.

So, how much time with the loved ones is enough? With Hygge, it is recommended that you do at least a few hours each day with someone you love. Now, this doesn't have to be complicated. Something simple like having dinner with your spouse and kids or reading stories at night, or listening to your spouse talk about their day can all count into this. Of course, spending time with friends and going to the bigger gatherings can all count towards this as well.

Now, while you are spending this time with your family, it is important to concentrate on making some good memories. The best part about doing some new memories is that you are doing them with people that you really love and

you can hold onto them, plus some of the warmth that you feel when you think about that memory, will be able to get you through some of the tough times during the regular times.

As long as you do some meaningful activity when you are hanging out with your loved ones, you will be making a memory. You can go out and have a picnic, go out fishing, read some stories to your kids, or watch a funny movie together. You can get more creative if you would like, but it can also be something that is pretty simple to help you make the memories that you want.

### **Make some peace with others**

When you are with your friends and family, it is important that you all make a truce during this time. There are times when your friends and family have some disagreements between each other, but if you would like to have a hyggelig meeting, it is supposed to be one that doesn't have a lot of arguments or bad blood. If you are getting together in one of these meetings, you would find a way to put a truce to it and try to respect the other people who are in the meeting, no matter what is going wrong with the two of you.

During these gatherings, if you feel that there is an issue that is going to cause some arguments or some disagreements between you and the other person, you will need to make sure to avoid them. Bringing up these topics is just going to ruin the mood of the gathering for no reason. You are going to find that it is a hard thing ignoring these issues sometimes, but remember that you are trying to bring the happiness to the whole group and that this disagreement is not going to help anyone to feel better.

### **Life doesn't have to be a competition**

Sometimes, some of the gatherings that you get into are going to end up in a big competition. You and another person are going to spend a lot of time, trying to get proof that one or another of you is the better person, who has the most stuff, who has a bigger house, and so much more. But this competition is not going to make either of you feel better. Both parties are going to end up feeling that they are the ones being attacked and no one will feel better even if they end up winning this argument.

One of the ways that you can make sure that you and your loved ones are getting along when having conversations is to make sure that others are able

to feel at home when they are around you, whether in your own home or in another home. While the Danes are going to talk about their prestige and their ambitions in some cases, these are all going to be done in a manner that is downplayed. They believe that to bring Hygge into the meeting, they need to downplay all of these things. There is never a place for a conversation that is going to focus just on ambitions or achievements of just one person.

Instead, your hyggelig conversations are going to realize that it's unlikely that you have reached all of the things that you want out of life, but the good thing about this is that it is unlikely that others have reached this either. It is not worth your time to just talk about things that are going to bring everyone down. It doesn't mean that you are not able to meet up with some of your friends and family and talk about some of your achievements or what is going on in your life, but you will not be doing true Hygge unless the others in the conversation have some of the same successes as well.

One way that you can make sure that you are making your loved ones feel comfortable around you is to not make everything into a competition when you are talking. It doesn't really matter at all if your job is the best out of the whole family or if you have the biggest house and talking about these a lot in the conversation is just a way to make others feel bad.

In order to avoid some of these issues, you will need to focus on bringing out some of the good or great qualities that you know about some of your other family members or friends. Even if you don't see them as high up as yourself in life, you will do a lot better if you talk about them. This is going to make the other person feel better if you talk about them for a bit, and it helps to bring in some of the good feelings that you want in your gatherings. So, when you are hosting one of your own hyggelig gatherings, keep the conversation off of some of your own accomplishments and focus on the good things that others are doing instead.

### **Being expressive**

We have talked about quite a few of the rules that come with Hygge and bringing them into your family life, but you also need to take some time to learn how to express the feelings that you have to the ones you really love, whether they are some of your friends or your family members. If you are not able to express yourself to these people, you will find that it is really hard to

feel truly comfortable and at home with these people. There are a number of different ways that you are able to do this kind of stuff, such as providing the family member with a special gift, helping them out, and giving loving words.

Other people in your life are going to be excited when you are willing to help them out, especially if you are not looking to get some kind of reward out of this whole process. To get started, take a moment to think about some ways that you are able to help out the people that you love, especially the ones who may not be expecting you to come out and help.

This is where the skill of being observant is going to come into the game. You need to be close enough to your family and friends that you are able to recognize when they are going to need your help and how you can help them out. An action that you do for one person is not always going to be seen as such a good idea for another person, so keep this in mind when you are being observant and trying to figure out what each person will need from you.

Also, you should take some time thinking about the things that you can do in order to tell those you are close to how much you care about them. In this world, it is common that you are going to take the ones that you love for granted. But this can make them feel bad and may end up with some issues between the two of you. You need to take a few minutes each day to let the other person know that they are important to you and that you really appreciate that they are there in your life.

The good news is that there are really quite a few ways that you are able to express this love for the people you are close to. You can use the phone, stop by and help out someone who needs your assistance in some way, sending out a card, giving them a gift (especially a gift that is homemade), or find another way that will have a special meaning to the person that and will show them you care in a totally special way.

When it comes to working on Hygge and adding it to your life, there is nothing that is more important than the idea of family and those you are close to. It is important to amend any of the broken fences that have happened over time and you need to learn how to spend enough time with these people on a daily basis. You will find that it is common for people to be alone and not care about others, but we are social creatures and if we want to truly



experience Hygge, we need to learn that family and friends need to be an integral part of our daily life. When you are ready to add in some of the good relationships that come with being with family and friends and ready see some great results with Hygge, use the tips in this chapter to help!

## **Chapter 6: Turning Your Workplace into a Place of Hygge**

So far, we have been talking about how you are able to use Hygge in your regular life, from adding it to your lifestyle, making changes in your home, and even how you are able to use it with some of the relationships that you are in. But the Danish people also go to work like everyone else, and despite what you may think about your current office, you are able to bring Hygge into that area as well to make it more comfortable and safe.

Most of us may find that this is a strong idea. Most of us are consumed with what we do for a living, rarely taking time off and feeling like we are really stressed out, barely getting to enjoy our life; because it is always in the way of getting other things done. But it is possible to add some more warmth to our lives, even to how we like our office and workplace. We can even learn how to add some more passion to the work that we are doing so that Hygge can join us not only in our outside lives but also at work.

### **Figure out how to make the workspace cozy**

So, one of the first things that should happen if you want to make Hygge come into your workplace is to cozy it up. Most of us have a plain and boring office, one that feels like a prison when we spend too much time there, without allowing it to have any personalization or other things that can make it feel nice. For example, you can choose to add in a bit of art to the office space, something that you like, or even adding in some pictures of people that you love all over the desk or on the walls. You can take a big cushion and add it to your chair and keep some blankets inside of the office space in case you need those for later.

Now, when you are in a meeting during work hours, you should suggest ways to make them with a little less formality if possible. No one feels like spending an hour or more inside of a meeting, sitting at a table and chairs that are extremely uncomfortable. They would much rather relax and sit back for a bit, sitting in on a meeting where they feel that they are surrounded by friends. If this is possible, it is a good idea to add in some couches to the meeting area as well as some cushions and some lamps. If possible, you should also serve some coffee and homemade goodies to help make others

feel a bit more welcomed when they are there.

### **Know the people you are working with**

It is all too common that you will head to the office each day, spend the day doing some of the work that you should, and then leave at the end of the day (often with some more work to do). But during this time, how likely is it that you know the people you are working with? Often, we are pretty miserable when we are at work, and we are not going to spend any extra time at the office, getting to know the people who are around us. If we see anyone when we are at the office, we may nod and say hi to a few people, but outside of barely knowing their names, we will have no idea of who they are, what they are about, or anything else.

In order to experience the full effect of Hygge, you will need to make sure that you feel comfortable and more while you are at work, and not just while you are at home. One of the ways that you are able to do this is to learn more about the people that you work with. If you have found ways to distance yourself from the people that you work with, it is time to stop this and learn how to know them even better, even if it is going to take some more time to warm up to this idea.

The good news about this is that it isn't something that you will need to make complicated. Learning how to do some small talk skills and then using some simple greetings to the people in your office is going to make a big difference. If you do this a few times, it is going to open up some of the people in your office to you, and it makes it easier for you to relax and make some good friends with the people that you work with.

Now, this is not something that you are just going to do with the people who work directly with you, although this is a good place to start. Networking throughout the whole company is a great way to feel really comfortable and at home in the job that you are doing. You can use some of the same ideas for meeting people and starting small talk. Or you can find out about some of the activities that different people in the office participate in, such as a book club, going out on Fridays, and more, and then learn how you will be able to join up.

The more people you are able to learn about and meet inside of the office, the

better time you are going to have at work. These relationships may have been ones that you were avoiding ahead of time, but if you would like to reach Hygge and really feel comfortable in all parts of your life, rather than in just parts of it, you need to start forming them. Engage in some more conversations and improve some of these basic relationships at the workplace, and you are going to feel so much better.

### **Have a passion for your job**

We all have had that job that we take just because it helps us to pay off our bills, but we aren't really that fond of the work that we are doing. But, if you really want to find Hygge, you need to be able to find some passion for your job. You can find something that is good inside of the job that you already have (there is always something to enjoy about the job), or you can go and find a job that is your passion and make that your job.

If you are always going to work and feeling like you are unhappy, it is really hard to put in the right type of investment to the career. If you are spending all this time doing a job and you are not able to show a passion for this work, you will not do any more training or courses to help improve the way that you are doing your job. You won't be able to get any good satisfaction from the work, and you are going to feel miserable as well. You are not going to be able to get the satisfaction that you would like out of your job, and you may feel a bit miserable as well.

When you are at your current job and you are not doing something that you can find any kind of enjoyment for, it is time to take a breather and think about it in a better perspective. You will need to think hard about why this profession is making you so miserable and whether or not it is a good idea to stick with it. If you aren't able to answer; that it is making you happy and gives you a passion, it is time to make some changes to either the way that you are looking for the job or at the job that you are doing in the first place. When you are able to find a job and a passion that are able to make you feel happy, you are going to notice such a big difference, and you will be able to add some Hygge to your life.

### **Have some boundaries on time**

If you want to have a good hyggelig life, you will need to have a good

balance between your work life and your home life. This means that it is not a good idea to bring home your work all of the time and let this get in the middle of all your home life. Many people feel that they can only be successful if they are able to bring work home with them and spend all of that time doing the work when you should be hanging out with family.

To make sure that you are able to keep some of these good feelings around for your office, you need to make sure that the office stays where it is and doesn't follow you home. When it is time to head home at the end of the day, you head home and leave the work behind, rather than bringing it home with you each night. Outside of some serious issues, you should see the clock end the day and you should head on home.

When you are able to leave the office on time, it is easier to have some better feelings about your workplace. You are happy that you finished all of the work that you needed to for the day, and that you now get to spend some time with your family. If the work comes home with you, you may become bitter that you have to spend that time that is so important to you on work that you spent your time with all day long, but when you can leave it at work and just spend your time on other things, it becomes easier than ever to relax, have some fun, and find that good work and life balance.

Most of us may find that it is hard to really like the job that we are doing. We are at the office because it helps us to pay for our lifestyles and to put food on the table, but most of us are not that fond of the work that we have to do and really feel like there are issues when we need to take that work home and let it come in between our other obligations and the things that we enjoy.

Despite some of these issues and resentment, we need to learn how to find a good work and life balance that is good for us. But, if you learn how to make your office feel more cozy, how to meet some more people in the office and become friends with them, and you learn to leave the work at work so you can enjoy your home life and time with your family and friends, you will be able to bring Hygge into all the aspects of your life.

## Conclusion

Thanks for making it through to the end of *Hygge: The Danish Art of Living Well—Secrets From the World's Happiest People*. Let's hope it was informative and able to provide you with all of the tools you need to achieve your goals of living a happy and a balanced life.

The next step is to start looking for ways that you can add Hygge into your daily life. This is such a simple way to find contentment in your own life and to get some of the good stuff that you are looking for in order to feel happy and comfortable with everything. Too many times, we spend our time worried about what others think about us. We are always rushing around and trying to get more things, but this is not the way to be happy and to feel content in what we have in life.

This guidebook took some time to look at the idea of Hygge and what it can all mean for you. This is such a great idea that you can follow because it helps you to learn how to be content with the stuff that you have in life and to be around others who bring you joy and a lot of fun. When you are ready to bring some of these great benefits that come with Hygge, make sure to read through this guidebook and learn how to add this to your life.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!