

A photograph of a blue mug filled with coffee on a windowsill. A yellow and red patterned blanket is draped next to the mug. Snow is visible on the windowsill and outside the window. The background is a dark brown color with the text overlaid.

Embracing Hygge this Holiday Season



HYGGE

[hue-gah], noun; Danish origin

AN ATMOSPHERE OF COZINESS, COMFORT, AND CONTENTMENT. TO RELAX, ENJOY THE SIMPLE PLEASURES IN LIFE, SHARE TIME WITH LOVED ONES AND BE IN THE MOMENT.

Best served with warm food, drinks, candles & blankets.

Over the last few years, I have embraced the Danish concept of Hygge and found ways to slow down and enjoy the winter season. Despite the frigid winter weather, Denmark is typically ranked in the top 3 happiest countries in the world, so they are doing something right! As the winter solstice approaches and the holiday season fills the air with excitement and joy, it's important to find moments of tranquility and balance despite colder temperatures and shorter days.

Hygge offers a way to create cozy, peaceful spaces amidst the hustle and bustle of the season. Embracing the idea of "hygge time," where you make the conscious effort to create calming and restful moments, can be a wonderful way to prioritize wellness during the holidays. Take time to slow down and savor the simple pleasures of the season. Turn your home into a haven of warmth and comfort by lighting candles, adding soft blankets, and surrounding yourself with loved ones.

Some of my favorite hygge-inspired wellness practices are enjoying a warm cup of herbal tea, cuddling up with a good book, or practicing gentle yoga. These small acts of self-care help me stay centered and find balance amidst the holiday chaos. I encourage you to find time to nourish yourself this holiday season.



Nurturing Your Well-being



Hygge teaches us to embrace the nourishing power of simple, wholesome pleasures, and this can be a guiding light for our well-being during the winter months.

Embracing the spirit of togetherness and shared meals is at the heart of hygge, and it can nourish not just our bodies but also our sense of belonging and connection. Gather around the table with loved ones and nurture your body with delicious, comforting food.

Nurture your soul with activities that bring you joy and fulfillment. Curl up with a captivating book, try your hand at a creative craft, or simply bask in the beauty of a winter sunrise. Whatever it is, find moments of serenity and meaning that replenish your spirit.

I agree wholeheartedly with the philosophy of “there’s no bad weather, only bad clothes”. Bundle up, step outside, and embrace the invigorating force of nature. Whether it’s a peaceful stroll through a snow-covered forest or a brisk hike in the crisp, fresh air, let’s revel in the healing power of the great outdoors.

Trudie’s Wassail Recipe

This wassail recipe tastes delicious and makes your house smell amazing!

2 Quarts Apple Cider
36 ounces pineapple juice
2 cups orange juice
2 tsp 5 Spice powder
2 cinnamon sticks
Add cut lemons, oranges or cranberries

Simmer for 2-6 hours
Adjust spices as you like!



Create Meaningful Traditions



Hygge encourages us to embrace the concept of togetherness by creating meaningful and intentional holiday traditions. This can be a wonderful way to infuse the season with warmth, love, and a sense of belonging.

My favorite hygge-inspired holiday traditions are baking and decorating cookies with my family, crafting handmade presents for friends and teachers, or simply spending a cozy evening together sharing stories and laughter. Traditions like these can help us cultivate a sense of warmth and connection, fostering a deeper appreciation for the holiday season.

Taking time to reflect on the past year, expressing appreciation, and setting intentions for the future can all contribute to a sense of fulfillment and contentment during the holiday season.

As we navigate the winter months and the holiday season, let us embrace the principles of hygge to nurture our wellness, create meaningful traditions, and find moments of tranquility and balance.



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Meghan is a Health Educator with Healthy Lifestyles. She is a nature-loving soul with a passion for hiking, crafting and finding solace in the great outdoors. She attempts to embody the spirit of hygge with her love for simple pleasures and cozy moments. Meghan holds a bachelor's degree from BYU in Health Education and is a Certified Health Education Specialist.

