

I DON'T HAVE FING

TIME FOR THIS!

Mom-to-Mom Empowerment Support Group

COZY
Vibes



Hygge



A quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being

A Danish term pronounced "hoo-guh," hygge has no direct English translation, although "cozy" comes close. Hygge is associated with relaxation, indulgence, and gratitude, taking pleasure in gentle, soothing things like a warm cup of tea, fluffy slippers, or silk pajamas. It encompasses candles, snuggly blankets and quilts, chocolates and pastries, lattes with milk-foam hearts, and those treasured sweatpants you'd never wear in public. Hygge can be found in a bakery or the dry heat of a winter sauna. Wholesome and nourishing, like oatmeal, Danish doctors even recommend "tea and hygge" as a cure for the common cold. While it's possible to experience hygge alone, wrapped in a flannel blanket with a cup of tea, its true expression is sharing comfort and balance with loved ones in a relaxed, intimate atmosphere. Hygge is not about overindulgence, but rather balancing life's difficulties with comforting experiences. It's a measured indulgence: savoring a piece of cake without gluttony, enjoying a dinner with friends at home without extravagance.

Hygge is important for our wellbeing and self-care because it:

- 1. Promotes relaxation and stress relief:** Hygge encourages us to slow down and unwind, helping to reduce stress and anxiety.
- 2. Fosters social connections:** Hygge is often experienced with loved ones, strengthening bonds and creating a sense of community.
- 3. Encourages mindfulness:** Hygge invites us to be present in the moment, appreciating the small pleasures in life.
- 4. Supports mental health:** The cozy and comforting nature of hygge can help alleviate symptoms of depression and anxiety.
- 5. Nourishes our senses:** Hygge often involves indulging in comforting sights, sounds, smells, tastes, and textures, nourishing our senses and promoting feelings of joy.

Incorporating hygge into our lives can have a profound impact on our overall wellbeing, helping us cultivate a deeper sense of contentment, gratitude, and happiness.