

HYGGE

COZINESS AND WELLBEING



Candlelight

Use candles for lighting that will also induce feelings of warmth



Fireplace

Sit by a fireplace



Music

Create a playlist that induces feelings of calm and warmth



coziness

Lots of cozy blankets, socks, clothing



Nurturing

Teas, Hot Drinks, and Comfort Food

Hot baths, good books, movies with loved ones, bundled up winter hikes, journaling, learn something new, lots of rest

This is a beautiful time for self nourishment. Creating home in the body