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SIMPLE PLEASURES

How to Hygge

HYGGE: 'h(y)ōogə, 'hǒogə/noun – Danish
– the ritual of enjoying life's simple pleasures.

What is Hygge?

Hygge is a Danish word dating back to the 18th century and describes a feeling of coziness and contentment while enjoying the good things in life, with good people. It is the antithesis of today's modern lifestyle wherein people are constantly connected through modern technology instead of through interpersonal experiences.

– Ben Grant



Fill your senses with Hygge peace and calm with the items in this kit:

SIGHT - Light the tea candle.

TOUCH - Put on the warm fuzzy socks.

TASTE & SMELL - Enjoy a cup of hot cocoa.

SOUND - Listen to this relaxing Hygge playlist on Spotify.



https://open.spotify.com/playlist/4Q4S4iv4O7ocvVDm4UKL0v?si=mCq1PvQxQHK0_GRrKUzwxA

I don't buy much anymore
I used to walk in circles
Around department stores
And the curved edges of
Bannocks
Searching
But it's all seemed to dissolve
Into a more filling hunger
One that reaches
For the familiar black cotton dress
And the food that's been sitting in the pantry
Because I've stopped preparing for somethings
Stopped wondering endless circles
Trying to fill my empty spaces
With things

Henderson Libraries Collection on Hygge & Scandinavian Culture

- *The art of making memories: how to create and remember happy moments* – Meik Wiking (e-book)
- *Cook yourself happy* – Caroline Fleming (e-book)
- *Cozy: the art of arranging yourself in the world* – Isabel Gillies (book)
- *The Finnish way: finding courage, wellness, and happiness through the power of sisu* - Katja Pantzar (book)
- *How to hygge: the Nordic secrets to a happy life* – Signe Johansen (book)
- *Hygge & West home* – Christiana Coop (e-book)
- *Hygge: the Danish art of happiness* – Marie Tourell Søderberg (book)
- *The joy of hygge: how to bring everyday pleasure and Danish coziness into your life* – Jonny Jackson (book)
- *The little look of fika: The uplifting daily ritual of the Swedish coffee break* – Lynda Balslev (e-book)
- *The little book of hygge: Danish secrets to happy living* – Meik Wiking (book, large print, e-book, e-audio)
- *The little book of lykke: secrets of the world's happiest people* – Meik Wiking (book, e-book)
- *Scandinavian comfort food: embracing the heart of hygge* – Trina Hahnemann (book)
- *There's no such things as bad weather: a Scandinavian mom's secrets for raising healthy, resilient, and confident kids* – Trina Hahnemann (book)
- *The year of living Danishly: uncovering the secrets of the world's happiest country* – Helen Russell (book, e-book)



It's about being with the people we love. A feeling of home. You may be having an endless conversation... or just be comfortable in each other's silent company... or simply just be by yourself enjoying a cup of tea.

– Meik Wiking

Why Hygge?

- Less depression and anxiety
- Increased feelings of self-worth
- Lowered stress
- A greater sense of mindfulness
- Improve practice of self-care
- Focus on togetherness
- Improve existing relationships
- Less reliance on social media



journal prompts

- What is your favorite personality trait and why?
- What is your favorite facial feature and why?
- What are you grateful your body can do and why?
- Name three accomplishments in your life and why you are proud of yourself for achieving them.
- How can you bring more joy into your life?
- What does self-love mean to you?
- What's the best compliment you've ever received and how did it make you feel?
- What do you love about yourself?
- Name five things you're crazy good at.
- What would your perfect day look like?
- How do you help others in your life?
- What makes a person beautiful?
- What makes you feel strong?
- What makes a person worthwhile?
- What's the best decision you have ever made in your life?
- What do you wish someone would tell you or confirm to you about yourself?
- If you could give your younger self some advice, what would it be?
- If you had to describe yourself to a stranger what would you say? Now describe yourself how you think your best friend would describe you.
- What beliefs do you have that have helped you in life?



Journal Jar

There is a myriad of benefits to journaling. However, one of the obstacles that people face when they want to pick up the practice of journaling is that they do not know what to write about. Journal prompts help to facilitate your thoughts on paper.

1. Get a beautiful jar—it can be a canning jar, a mason jar, or any other jar you have in the house.
2. Write out each journal prompt from the list on a slip of paper and place them into the jar. Feel free to create your own prompts.
3. Place the slips of paper in the jar.
4. Reach into your jar each day as you prepare to write in your journal and take out one of the prompts.
5. Write anything that comes to mind as you read each prompt and elaborate on each point as much as you can.

How to Hygge?

HOME

Chunky blankets, candles, fire, casual decor, warm textures, good books, relaxing music, a warm bath with lavender oil

FLAVORS

Tea, coffee, hot cocoa, hot spirits, crusty bread, warm comfort foods

COMPANY

Shared meals, casual gatherings, card and board games, include everyone in the conversation, quality time together

HOBBIES

Journaling, drawing, painting, photography, knit, crochet, read, and don't forget to go outdoors to get some sunshine for Vitamin D ...walks, hiking, biking

HYGGE MANIFESTO



Atmosphere

Turn down the lights. Light a candle.



Presence

Be here now. Turn off the phones.



Pleasure

Chocolate, a cookie, or piece of cake.



Equality

We over *Me*. Share the tasks.



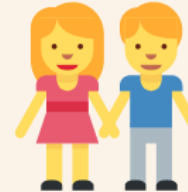
Comfort

Get comfy. Its all about relaxation.



Gratitude

Acknowledge the good you have.



Harmony

It's not a competition.



Truce

No drama. Let's discuss another day.



Togetherness

Build relationships and narratives.



Shelter

This is your sanctuary. This is a place of peace and serenity.