



A YEAR OF LIVING HYGGE

Why not use the Danish art of hygge to make every year a happier, friendlier one?

JANUARY

Leave the Christmas fairy lights up. Even better, go and get some more in the sales. You can never have too many fairy lights in the middle of winter.



MARCH

Bring out your creative side! Learn a new skill or practice an old one. Start up a craft group that meets every month to encourage you to keep going.



MAY

Make a new friend. Go online and join a Facebook group in an area you're interested in, find a pen pal and start writing to them. You only need to write a few times a year to become really good friends in time. Or join a club in your town and decide to make friends face to face with someone new. May's ideal as you can meet for a drink outside a café or pub.



AUGUST

De-calendar yourself for a week. Have nothing booked or organized and do whatever you want. Do this for the whole family and spend some time together.



SEPTEMBER

- September is the start of a new school year, whether you're at school or not.
- Look at your school supplies. Do you need new pens, pencils or notebooks? Have fun buying them.
- Look at your household routines. Do they still suit you all? Change them if you need to.
- Dream ahead for the next season. What do you want to do this Autumn and Winter?



DECEMBER

Peak hygge season begins! Enjoy time spent with family and friends. Do the things that make you feel happy, and appreciate every special moment.



FEBRUARY

It's cold and dark outside. Why not arrange a walk in the park with friends followed by hot chocolate and chat around a warm fire?



APRIL

Enjoy spring with a walk in the countryside. Take in a quick drink at a country pub, then come home to a spring casserole of lamb.



JUNE

Try some animal hygge. Visit the local zoo or safari park, take a picnic and watch whichever animal grabs your attention.



JULY

Go to the beach. Nothing makes you feel so calm so quickly as sitting and watching the waves go up and down. Try building a sandcastle or using shells to make art if you get bored. If the water's warm, you can even paddle or (brave person) swim!



OCTOBER

Decorate the house for Autumn. Collect conkers, display leaves, buy a big bunch of chrysanthemums for the dining room table. Bake with apples and enjoy the fruits of the season!



NOVEMBER

Get your house winter-ready, with candles, throws and cushions to cuddle into. Remember to get outside with friends in the fresh air as well as snuggling down!



Hygge is the Danish word for feeling cosy, happy, relaxed and peaceful, alone or with friends.

It's a way of looking at and feeling about Life, an appreciation of the lovely things in Life both human and inanimate.

It's about sharing those things with others, creating spaces where people can get together and be confident that they won't be lonely.

It's enjoying the simple things, and loving Life, simply.

Want to learn more about Hygge? Why not buy my book-

[50 Ways to Hygge The British Way](#)

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