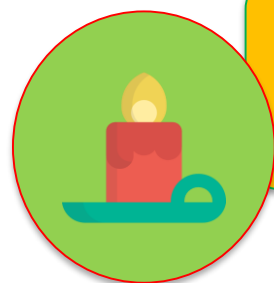


A Hygge Christmas Manifesto

*Do you need some inspiration to create your most hyggely Christmas?
Here are some ideas that will help you to create a happy and
comfortable Christmas with family and friends!*

ATMOSPHERE, COMFORT, SHELTER



Create the right atmosphere in the house: use candles, throws and decorations in every room. Keep the lighting low on purpose.

Make the house comfortable for people: have a choice of hot drinks, a pile of blankets and cushions everywhere. Relax and enjoy the hygge.



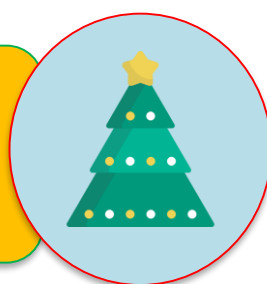
Invite people into your home. Make it a welcoming place where people are happy to be. Make it a place of safety.

PRESENCE, TOGETHERNESS



Turn off the TV, switch off your computer, put your phone out of your hand and enjoy being present in the moment.

Make some family-time evenings compulsory: get everybody together to play board games, watch a film or just sit in the same room and talk.



PLEASURE, GRATITUDE



Do things that make you happy, and plan things to make others happy as well. Take pleasure in the small things of life!

Start a gratitude journal or a thanksgiving jar. Fill it with happy memories to share with family & friends at a later date, or just to look at alone.

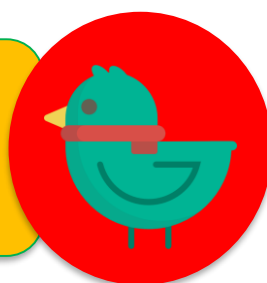


EQUALITY, HARMONY, TRUCE



Everybody is equal, and no one person should do all the work. Get help with any chores. Great conversations happen over the kitchen sink!

There's no need to brag, no need to boast, just be yourself and enjoy the companionship.



Agree to disagree for the moment: don't start a conversation about something you know will start an argument. Keep the peace and be patient!

Christmas is peak hygge season: look for ways to make your Christmas as cosy, comfortable, happy an experience as you can, through enjoying the little things. Look at how many senses you can engage, and remember that Hygge will always value people ahead of possessions and experiences ahead of expense.

Want to learn more about hygge or share what you've experienced so far? Great! You can join The Hygge Nook on Facebook, or read my books on hygge:



AVAILABLE FROM AMAZON



HOW TO HYGGE
YOUR CHRISTMAS

THE NEW BOOK BY JO KNEALE
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