

THE HYGGE MANIFESTO

1. ATMOSPHERE – turn off or turn down the overhead lights. Use table lamps and lots of candles. If you have small children and/or pets, you may want to use LED candles. Be safe!
2. PRESENCE – Be here. Now. Turn off your phone. Focus on the *present*.
3. PLEASURE – Coffee, hot chocolate, dark chocolate, tea, cookies, cake. These will help create hygge.
4. EQUALITY – It's 'we' over 'me'. Share the tasks and the airtime.
5. GRATITUDE – You've heard it before. It all starts with gratitude.
6. HARMONY – This is not a competition. No bragging allowed here.
7. COMFORT – warm socks or slippers. Blankets, fleece, pillows. It's about coziness and relaxation.
8. TRUCE – No drama. We can talk about politics another day.
9. TOGETHERNESS – It's time to build relationships and narratives. "Do you remember when we ...?"
10. SHELTER – Create a place of peace and security. Protect your people.

From "The Little Book of Hygge: Danish Secrets to Happy Living" by Meik Wiking