

Hygge

By Chloe Halstead

Hygge, Lykke, Lagom, am I ordering food off a very strange menu..? No! These are all the lifestyles from across Europe that have appeared in our lives over the last few years! Lifestyle magazines can't keep up! One moment you're meant to wrap up with a blanket with a mug of hot chocolate and the next it's been yanked away because you need to have the bare minimum! It's all a bit confusing. So every month I will summarise some of the top lifestyle trends and some of the lesser known ones with tips so you can either embrace it or leave it out in the cold.



First up
HYGGE

Hygee. Hoogaaa. Hiiige! However it's pronounced, hygge the beautiful lifestyle of the Danish, is about comfort and happiness, mostly in the form of cosy jumpers, purring cats and crackling log fires.

But it's more than that, it's about happiness, it's about friends gathering together and making home-cooked food, it's one of those things that you can't just describe. You have to feel it! We will all have experienced Hygge at some point, especially around Christmas. It's that feeling when the Christmas lights are distorted to gorgeous swirls of colour through a rainy window or when you see marshmallows sleeping in pillows of whipped cream or look at old photos in low light.



Make your own Hygge moment with...

1. Candles!! According to many surveys these are the number one things needed. They can, of course, be a fire hazard so check the available safety advice and ask your parents' permission. If you can't handle candles just get the little electric tea lights or fairy lights.
2. Something cosy, an oversized jumper, or that pair of socks your Nan knitted.
3. Comfort food. A mug of your favourite beverage, a nice Hot Pot or a piece of cake!
4. Something to do. Read your favourite book from your childhood, get the photos out (not the ones on your phone) - find the printed ones and feel them in your hands. Share the beautiful memories and feel the nostalgia.
5. Great atmosphere. Turn the lights low, get the candles or tea lights out, snuggle under a rug and watch your favourite movie. If there's a storm raging

outside or rain pattering fingers down the window that's bonus points. Hygee is even stronger if there is an air of threat outside and you're all cosy inside.



Hygee is awesome on your own but it gets better if you can snuggle up with someone. Even better, there's nothing pets love more than hygee (especially if any of those biscuits are on offer).

Make your own Hyggekrog.

This is a cosy little corner to take your blanket and hot chocolate too. Rest against some pillows with your favourite book, gentle music or whatever gets you into cosy mode.



Top tip. Make a list of your favourite hygge moments so you can return to them whenever you're feeling like you need a soft cuddle of happiness.