

HYGGE

(pronounced hoo-gaa)

“Quality of cosiness and comfortable conviviality that engenders a feeling of contentment or well-being”

Hygge is a Danish word derived from the Norwegian word for ‘well-being’. Its concept is finding joy and cosiness in the simple things in life, whether that be a nice cup of tea or snuggling up on the sofa.

Hygge has become extremely popular in the UK and USA in recent years, but the concept has been part of the Danish culture since the 1800s. Hygge has helped Danish people stay happy through their long, cold winters for many years – so why not use it to help us get through our, sometimes miserable, English weather. Denmark is supposed to be one of the happiest countries in the world, so they’re obviously doing something right!

At Blythe Valley Park, we’ve been focusing on ‘Wellness at Work’ throughout the year. As highlighted in our previous article on ‘Seasonal Affective Disorder’, we know that some people can struggle throughout the winter months, due to the cold weather and shorter days – so we wanted to introduce you to the concept of Hygge to make those winter months more cosy and enjoyable.

Some of the ways you can experience Hygge include having indoor plants to brighten up your home and working environment, drinking hot drinks like tea, coffee and hot chocolate, and creating a snug and cosy environment at home.

LOOK OUT FOR YOUR WELLNESS AT WORK PARCEL THIS WEEK!

We want you, as our occupiers, to experience Hygge – therefore, we are sending each building some tea bags and hot chocolate sachets, so you can have a little bit of Hygge at work!

Whether it is your morning coffee or an afternoon stroll in the country park, send us a snap of your BVP Hygge moment.

Tag us on Twitter: @BlytheValley

REFERENCES

<https://en.oxforddictionaries.com/definition/hygge>

<http://www.countryliving.com/life/a41187/what-is-hygge-things-to-know-about-the-danish-lifestyle-trend/>



FIND THE
JOY
IN EVERY DAY

