

## Hygge: The Danish Art of Coziness

Hygge (pronounced "hoo-gah") is a Danish word that doesn't have a direct translation in English, but it encompasses a feeling of warmth, coziness, and well-being. It's about creating a comforting atmosphere and enjoying the simple pleasures of life, particularly during the fall and winter seasons.

Here are some key principles of hygge and how you can incorporate them into your life this November:

**1 Warmth and Candlelight:** In Denmark, lighting is a crucial aspect of hygge. Candles are a must, creating a warm and intimate ambiance. As the days get darker, consider lighting some candles in your home, snuggling up with a blanket, and enjoying the soft, flickering light. This can instantly make your surroundings feel cozier and more inviting.

**2 Comfort Food:** Hygge embraces comfort food, especially during the colder months. Think hearty stews, warm soups, and freshly baked goods. Cooking and sharing meals with loved ones can be a wonderful way to embrace this concept. Invite friends or family over for a cozy dinner, and savor the flavors and the company.

**3 Cozy Atmosphere:** Create a comfortable and inviting space at home. Soft blankets, plush cushions, and warm colors can

transform your living area into a hygge-inspired sanctuary. It's all about making your surroundings feel like a safe and comforting retreat.

**4 Connection:** Hygge emphasizes the importance of connecting with loved ones. Whether it's gathering around the fireplace, playing board games, or simply having a heartfelt conversation, nurturing your relationships and spending quality time with others is an essential part of embracing hygge.

**5 Mindfulness:** Being present and mindful in the moment is a key element of hygge. Put away your screens and distractions, and truly immerse yourself in the activities you enjoy, whether that's reading a good book, taking a leisurely walk in nature, or practicing meditation.

**6 Gratitude:** Hygge encourages us to appreciate the little things in life. Take a moment to reflect on the simple joys that surround you, like a hot cup of tea on a

cold day, the sound of rain on the windowpane, or the feeling of a warm embrace from a loved one.

**7 Embrace Nature:** While the days are shorter, don't miss the opportunity to connect with nature. A walk in the woods or a brisk hike can bring about a sense of serenity that complements the cozy indoor hygge experience.

Hygge is about creating an atmosphere of comfort, warmth, and togetherness. It's a reminder to appreciate life's simple pleasures and embrace the darker, colder months with open arms. So, as November approaches, take a page from the Danish playbook and infuse your life with a little extra hygge. Light those candles, cook a comforting meal, invite loved ones over, and savor the beauty of the season. In doing so, you'll find the comfort and contentment you seek during this cozy time of year.

Wiking, M. (2016). *The Little Book of Hygge: Danish Secrets to Happy Living*. Penguin.

# November Gratitude Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Write down three things you like about yourself.	2 Start a conversation with a co-worker you don't usually interact with.	3 Look back on three of your favorite memories with family or friends.	4 Do a good deed for a stranger.
5 Meditate for at least three minutes.	6 Try to make a co-worker laugh.	7 Make the absolute most of your day.	8 Smile at everyone you encounter today.	9 Express gratitude for a kindness someone else has performed.	10 Write about an accomplishment you're proud of.	11 Call a friend or family member that you haven't caught up with recently.
12 Start your day off right by thinking about three things you're grateful for.	13 Write about the things that make you excited for the future.	14 Offer help to coworkers or accept help if you need it.	15 Be extra patient with yourself when you make mistakes today.	16 Write about a time a friend or family member really supported you when you needed them.	17 Write down three of your favorite traits you possess.	18 Spend time appreciating nature. If you can't go outside, try a nature documentary!
19 Write thank-you notes to a few people in your life who you think need to hear it.	20 Be present in all your activities throughout the day.	21 Make a list of the people you are grateful for. Consider how you can express that gratitude back to them.	22 Help another family member with a task or chore.	23 Happy Thanksgiving! Enjoy and appreciate the company of your loved ones.	24 Consider a gift, whether literal or figurative, that could help make a friend's life easier.	25 Say something nice to a stranger.
26 Devote time to self-care.	27 Write about what drives and motivates you.	28 Make plans with a friend you don't see often.	29 Reflect on the life lesson you're most grateful for.	30 Start keeping a gratitude journal where you can keep track of these thoughts and activities daily!		

## Whole-Grain Cranberry Orange Muffins

Prep 15 minutes Cook 17 minutes Total Time 32 minutes  
Serves 12 muffins Serving Size 1 muffin

### Ingredients

- 2 cups whole wheat pastry flour
- ¼ cup ground flaxseed
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup low-fat cottage cheese
- ½ cup fat-free milk
- ⅓ cup granulated sugar
- ¼ cup unsweetened apple sauce
- 2 teaspoons grated orange peel
- 2 egg whites
- ¾ cup coarsely chopped fresh or frozen cranberries
- ¼ cup powdered sugar (optional)
- 2 teaspoons orange juice (optional)

### Instructions

1. Heat oven to 400°F.
2. Line 12 muffin cups with paper baking cups or spray with nonstick spray.
3. In a large bowl, stir together flour, flaxseed, baking powder and salt.
4. In a medium bowl, whisk together the cottage cheese, milk, sugar, oil, orange peel and egg. Stir the wet mixture into the flour mixture just until the flour is moistened (the batter will be thick). Fold in the cranberries.
5. Divide the dough evenly among the muffin cups. Bake for 17 to 21 minutes or until a toothpick inserted in the center of a muffin comes out clean. Remove from oven and set on a wire rack to cool.
6. If you want to make a glaze (optional), stir together the powdered sugar and orange juice in a small bowl until smooth. Drizzle the glaze over the warm muffins.



PER SERVING 130 Calories · 1g Total Fat · 0g Saturated Fat · 0mg Cholesterol · 290 mg Sodium · 4g Total Fiber  
5g Protein · 27g Carbohydrates · 9g Sugar Recipe adapted from [health.clevelandclinic.org](http://health.clevelandclinic.org)