

The Pulse Newsletter



BY THE NUMBERS



2016

The year that hygge became a global phenomenon and we have never been the same.



2017 & 2021

Are the years when the word 'hygge' was added to both the Oxford English and Merriam-Webster dictionaries.



HYGGE ORIGINS

Did you know? The word "hygge" originated in old Norwegian language and its definition was close to today's word "well-being." It appeared in Danish writing around the end of the 18th century and has been tied to Denmark ever since.

For more info, check out the experts at VisitDenmark.com

FOCUS

Keeping It Hygge

Let's hygge! Hygge (pronounced "hoo-ga") is a Danish and Norwegian word that personifies coziness and warmth. Don't know how to keep it hygge? No worries! It is about creating a warm, inviting atmosphere and finding joy.

This month, we share how this way of life celebrates simple pleasures.



DETAIL

Let's focus on our coziness.

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

One of our favorite topics this year to discuss is hygge. Hygge is rooted in Danish culture and emphasizes mindfulness, being in the present and most importantly, encouraging everyone to slow down and appreciate life's simple comforts. The timing couldn't be more perfect - November, with its cool weather and shorter days, provides an ideal backdrop for this practice. Here are some hygge-approved activities that you can contently do and relax:

- **Disconnect:** Whether it's social media or just the screens for a while and be more present in the moment.
- **Spend quality time with friends and loved ones:** From small get-togethers to a picnic.
- **Treat yourself!** Choose a day to relax and unwind.
- **Go outside:** Nature is calling you for a relaxing walk and enjoying the changing leaves.
- **Time to go green:** Invest in a houseplant or two for a nice boost in air quality indoors.

By embracing hygge this November, remember that you are not just surviving the holiday season, but savoring it, one cozy moment at a time. It's about spending informal moments with the ones you love.