

Hygge at Home

Join us in embracing the Winter season by bringing hygge into your life! Revisit how you already hygge and find new ways to create a cozy and warm environment.



Turn your phone off before sleeping at night	Have a candlelight dinner or potluck with friends	Take a coffee or tea break with friends or colleagues	Bring the outdoors in by adding natural greenery to your home	Bake something tasty and share with friends or neighbors
Take an evening walk (without your phone)	Light candles in your home	Attend a "Warming up to Winter" program at the Library	Read a book and enjoy a hot beverage in your favorite mug	Open your curtains for natural light
Write a list of things you are grateful for	Bundle up and walk in the woods to enjoy nature (CPF & GoCaz can help!)		Give back to your community by volunteering or donating to CazCares	Grab a cozy blanket and watch TV or a movie
Sit outside and watch a sunrise or sunset	Spend time in front of a roaring fire	Wear your comfiest knit socks	Create something handmade	Add fairy lights to your decor
Make your favorite soup and serve with delicious bread	Play board games with family and friends	Surround yourself only with things you love. Find 5 things in your home to donate	Linger after dinner instead of rushing to clean	Write a list: How did you Hygge before? What do you do now?

Share your hygge moments on social media with #CPLHygge

