



Get Through February the Hygge Way

If January was for cleaning out your house using the KonMari method, make February all about practicing the Danish art of hygge.

Most Danish sources insist that hygge (pronounced hue-guh) can't easily be translated into English. However, the Cambridge Dictionary defines hygge as "a Danish word for a quality of coziness (feeling warm, comfortable, and safe) that comes from doing simple things such as lighting candles, baking, or spending time at home with your family."

On her website HyggeHouse.com, blogger Alex Beauchamp says that "hygge literally only requires a conscious appreciation, a certain slowness, and the ability to not just be present—but recognize and enjoy the present. That's why so many people distill 'hygge' down to being a 'feeling'—because if you don't feel hygge, you probably aren't using the word right."

Although most people associate hygge with fireplaces, candles, and something warm to drink, it isn't just a seasonal quality. According to a video on VisitDenmark.com, with the right characteristics, even bicycles and beer can be hygge.

We can't think of anything more hygge than curling up with a good book. Grab one of the books on the back of this sheet and find a cozy spot—in front of the library fireplace or in the Quiet Room, perhaps—and discover the joy of hygge.



Use the resources listed on the back of this sheet to answer the question below. Submit your answer in the entry box located in the main library by February 28, 2018 to be entered to win a \$75 Amazon gift card.

From what Norwegian word does hygge derive?

Name: _____ Phone #: _____



Resources

Books Available at JCPL

The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection by Louisa Thomsen Brits. SELF GROWTH 747.09489 BRIT

How to Hygge: The Nordic Secrets to a Happy Life by Signe Johansen. SELF GROWTH 646.700948 JOHA

The Joy of Hygge: How to Bring Everyday Pleasure and Danish Coziness into Your Life by Jonny Jackson and Elias Larson. Available as a free eBook on hoopladigital.com.

The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking. Available on Kentucky Libraries Unbound/OverDrive or in print. SELF GROWTH 158.1 WIKI

There's No Such Thing as Bad Weather : a Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids (From Friluftsliv to Hygge) by Linda Åkeson McGurk. REL'SHIPS PARENTING 649.1094 MCGU

Library Database

Universal Class offers over 500 online courses for patrons interested in the lifelong pursuit of knowledge, including Candle Making 101 and How to Bake Cookies. To get started, visit <https://www.jesspublib.org/learning/>

Online Articles

"The Year of Hygge, the Danish Obsession with Getting Cozy" by Anna Altman. *The New Yorker*. <https://tinyurl.com/y7yub2sw>

"How to Get Through a Miserable Winter with the Danish Concept of Hygge" by Patrick Allen. *Lifehacker*. <https://tinyurl.com/ybjhbpd7>

"Hygge: The Danish Art of Cosiness." Visit Denmark. <https://www.visitdenmark.com/denmark-hygge>

"What is Hygge? Everything You Need to Know About the Danish Lifestyle Trend" by Lyndsey Matthews. *Country Living*. <https://tinyurl.com/yadglsfx>

Websites

Hygge House. The blog of Alex Beauchamp, a Danish woman who now lives in California. <http://hyggehouse.com>

Videos

"How to Pronounce Hygge." <https://youtu.be/FQViLyIMJMo>