

HYGGE
Wellbeing



Wellness Guide



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A way to live well

1 Mindfulness eating

Mindfulness eating in your daily life is about awareness. You are what you eat & when you eat mindfully - slowing down is one of the best ways we can get our mind and body to communicate what we really need for nutrition.



2 Practice meditation

Meditation can produce a deep state of relaxation and a tranquil mind. Allowing you to focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. It can enhance physical and emotional well-being.



3 Practice gratitude

Regular practicing gratitude may lead to lasting changes in your brain, priming you to be more grateful going forward. Gratitude can boost your mood and it can also improve your overall mental health.

4 Practice yoga

Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.



5 Practice Hygge

A way to align "cosiness of the soul", taking pleasure from the present moment and being cosy togetherness. It is about an atmosphere and an experience and a feeling of home.

