



Seven day hygge challenge

Quarriers Borders Resilience for Wellbeing Service

Hygge (pronounced “hoo-gah”) is the Danish concept of comfort, cosiness and warmth. As winter is here, we’ve created a seven day hygge challenge to help beat the blues!

Monday

Cook dinner, turn on music and eat by candlelight.

Tuesday

Buy some flowers or a plant to add some greenery to your home.



Wednesday

Have a screen-free evening with board games or curl up with a good book.



Thursday

Create something – you could bake chocolate brownies, write, sketch or knit!



Friday

Have a film night with family or friends, complete with hot drinks and cosy blankets.

Saturday

Have a leisurely morning with breakfast in bed and a magazine.



Sunday

Head out for a long walk and enjoy nature.

