



How to...



WOW!
The average person spends the equivalent of 33 years in bed during their lifetime.

Boost your mood this winter

Follow these steps to de-stress and feel happier during the darkest days of the year.

If you're wishing for spring when there are still many weeks of winter left, one way you can feel more energized is to practice hygge. Originating in Denmark and pronounced "hoo-ga," this practice is when people take purposeful steps to feel cozy and content while appreciating the small things in life. Here's how you can get started with hygge to feel more at peace during the winter months.

Get rid of clutter

Take a look around to see what you have that you could pack away to use at a later time or give away to someone who could use it. You can choose to focus on one space at a time—such as your bedroom or the living area. With an adult's help, set up two boxes: one for belongings you or your family members want to store in a closet and another for items to donate. Once your space is tidy, you may find you already feel more peaceful.

Think about light

In winter, there is less sunlight to enjoy because the sun rises later and sets earlier than it does at other times of the year. That's why a significant part of practicing hygge involves using soft light at home. One simple way to get

this effect is with lamps. A lamp delivers softer light than an overhead ceiling light does. You can also achieve a similar effect by setting out battery-operated candles.

Consider colors

According to hygge, the colors in your surroundings can affect how you feel. To feel cozier, talk to the adults in your family about adding warmer colors, such as golden yellow and peachy orange. These shades can make a space seem cozier compared to cool colors like mint green and icy blue. You might simply switch out pillow coverings or blankets from another room or place a bowl of oranges on a table.

Bring the outdoors inside

You don't have to wait until spring to have a picnic. Spread a blanket on the floor of your living room, put on fuzzy socks and sweaters, and enjoy lunch or dinner with your family. You could also read or play cards or a board game there afterward.

Work on a puzzle

Research has shown that completing jigsaw puzzles can reduce stress and boost problem-solving skills. Set one up on a desk or table in your home, and with your family's help, aim to complete a few pieces every day.



Get comfy in snuggly clothing!

Create a cozy corner



Setting up a snug space indoors to read, do homework, or just hang out can help you feel more focused and relaxed. Here's how.

Pick a spot. You don't need an entire room as your personal space—even a corner where you can place a bean bag, cushy chair, or futon can work.

Think soft. Make your space extra comfy with the addition of a fluffy pillow, soft blanket, or favorite plush toy.

Personalize it. Finish your space with special touches. Some ideas are a string of LED lights, a favorite photo on the wall, and a stack of books you love or want to read next.