

Weekly Wisdom

Grow the Green for You and Your Team



“After a show or a long day, there’s nothing better than some cozy slippers.”-- Carly Pearce

Get Hygge With It! Thrive in Winter

The Danish term hygge has gained popularity here in recent years. The word hygge (pronounced **hyoo**-guh) means “creating a warm atmosphere and enjoying the good things in life with good people.” It sounds lovely, doesn’t it?

We thought this might be a good time for tips on combating winter gloom, and *hygge* is the underpinning of many successful strategies.

Think COZY. Make your home cozy with textures and light. You can “cozy up”

your commute with fragrant tea and soothing music.

A great way to boost your mood during winter months is to **get outdoors in the sunshine**. Experts recommend going out at dawn. If you can, visit a botanical garden.

Nurture your body and your relationships. Wholesome food. A cup of coffee with a friend.

Add color to your life in fun ways.

Embrace the gloom--take pictures of it!