



BOSCH

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Health tip

Hygge – what's that?

These tips will help you put some hygge in your home and experience greater happiness in your everyday life.

► **What does hygge mean?**

Hygge is Danish for well-being, cosy conviviality and warmth. What's meant is a nice, comforting atmosphere in which people try to shake off negativity and appreciate the good things in life.

► **Hygge for the home!**

Create this cosy atmosphere in your house: Candles are perfect here as they give off a warm light, whether in winter or summer. Put new order in the home by decluttering your house according to the motto "less is more". Take time for yourself by settling down with a good book, doing something creative, going for walks regularly or snuggling up on your sofa with a soft throw. This also includes sharing meals with family and friends – preferably without any electronic devices nearby.

► **Happy and healthy thanks to hygge**

Being grateful for the good things in life will make you feel more happy and carefree. Consciously savour the little pleasures in everyday life! This will balance out the stresses and strains of your daily routine.



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You'd like more information on mental well-being? Take a look here:

<https://www.bosch-bkk.de/leistungen/leistungen-von-a-z/phileo-app.html>