



Our Little House
in the Country

20 Cosy Rituals for a Hygge Christmas

SIMPLE WAYS TO MAKE DECEMBER FEEL WARMER,
SLOWER & MORE MEANINGFUL

LIGHT & ATMOSPHERE

- 1 Light the candles before it gets dark.
- 2 Let the Christmas lights do some of the work.
- 3 Make the house smell like Christmas.
- 4 Eat something by candlelight.
- 5 Create a little December corner.

HOME & COMFORT

- 6 Create one really comfortable place to sit.
- 7 Make the hot drink part of the moment.
- 8 Bring out the blankets you already own.
- 9 Cook the kind of dinner everyone wants to come home to.
- 10 Have an evening with no plans.

SIMPLE CHRISTMAS PLEASURES

- 11 Bake something simply because it's December.
- 12 Read something that belongs to the season.
- 13 Make something with your hands.
- 14 Give December its own sound.
- 15 Decorate slowly.

CONNECTION & SLOWING DOWN

- 16 Write a few proper Christmas cards.
- 17 Notice the winter solstice.
- 18 Take a walk as the light is fading.
- 19 Make present wrapping an evening rather than an emergency.
- 20 Let yourself stop.

Choose what feels lovely. Repeat your favourites. Leave the rest.



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