

#30DaysofHygge *Post on Facebook, Instagram & Twitter* (Adapted from Pia Edberg's *The Cozy Life*)

Day 1: <i>Begin a gratitude journal</i>	Day 2: <i>Watch the sunrise...</i>	Day 3: <i>Contact an old friend; phone or Facebook are quick & instant</i>	Day 4: <i>Watch a movie and relax</i>	Day 5: <i>Enjoy a day of solitude... or even just 1 hour!</i>	Day 6: <i>Do something you loved as a child</i>
Day 7: <i>Enjoy a hot drink in a cozy cafe</i>	Day 8: <i>Pick up a good book & read as much as you can</i>	Day 9: <i>Relax by fire or candlelight.</i>	Day 10: <i>Make a list of things that make you happy.</i>	Day 11: <i>Have a digital detox day... nothing online!</i>	Day 12: <i>Plan a dinner with friends</i>
Day 13: <i>Bake cookies for no good reason, just because</i>	Day 14: <i>Meditate for 15 minutes... try colouring if you're restless!</i>	Day 15: <i>Book nothing in for today: have an empty diary day!</i>	Day 16: <i>Can you wear slippers all day today?</i>	Day 17: <i>Take yourself outside for a walk in a park or wood.</i>	Day 18: <i>Write a letter to someone you miss</i>
Day 19: <i>Bake something new!</i>	Day 20: <i>Cook your main meal from scratch</i>	Day 21: <i>Use essential oils to scent your life today</i>	Day 22: <i>Give yourself a facial. Cucumber eye masks are good!</i>	Day 23: <i>Empty your email inbox; declutter those newsletters!</i>	Day 24: <i>Can you find some water to walk by? A river, canal or the sea?</i>
Day 25: <i>Take an exercise class. Try yoga or Tai Chi to relax</i>	Day 26: <i>Make a homemade gift for a loved one</i>	Day 27: <i>Pick or buy some flowers & arrange them in a vase</i>	Day 28: <i>Listen to some soothing music today</i>	Day 29: <i>Hug someone or something today</i>	Day 30: <i>Relax and repeat...</i>