



The Life Enrichment Center AT OYSTER BAY

Don't dread the winter – Do as the Danes do.

You've heard about Seasonal Affective Disorder (SAD) or the less severe "Winter Blues". Symptoms include depression, low energy, over-sleeping and weight gain. If you are affected by this winter season scourge don't despair – just do as the Danes do - HYGEE. (HUE-Gah)

Denmark is cloudy and overcast 64 percent of the time, yet it is consistently ranked the happiest country by the United Nations. Danes create hygee wherever they are, nurturing cozy feelings and relationships. The concept is relaxed yet intentional, and happiness is a choice.

Hygee translates to connection, coziness and fellowship with a dose of optimism. It's about gathering with friends and family in a relaxed, unpretentious state of mind. It could be lunch or a lecture, or simply a chat, but it's a real-life connection with loved ones.

Its also about simplicity and order: simple clothes, simple food and just being cozy together. It's about getting outside and getting off-line.

How to Hygee:

- Get out. Walk if you're able. Get fresh air.
- Have frequent low-key get togethers.
- Join a group: book club, games, cards, cooking, crocheting.
- Share meals - cook, bake or order in.
- Create a cozy feeling with lighting and candles.

Practice hygee this winter – in your own home, or come live the hygeeilig life at the Center!
Happy New Year – may it be filled with brightness and hope.

Warm regards,

Judy Palumbo, Executive Director

A special thank you
to all who volunteered this Holiday Season ...
for our cookie sale, baskets for the homebound,
and our holiday celebrations.

THANK YOU!

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