



# FUSION

Experiment with Hygge to  
bring courage, comfort and joy into the season.

Organize a soup swap.

Grab a friend and do an active outdoor activity that  
makes you laugh, then go for a snack  
or warm beverage after!

Host a dinner party with active games, a bonfire,  
and a comforting meal; then reflect on what you're  
grateful for (and invite your guests to share too)!

Eat your breakfast by a sunny window, and text a  
friend a thank you message for supporting you.

Take a meditative walk with a friend or family  
member to reflect on the day and what is going well.