



The shorter, colder days of winter can leave employees feeling drained and unmotivated. Inspired by the Danish concept of hygge (a cozy quality that fosters well-being and contentment), the Hygge Haven Challenge focuses on warmth, comfort, and simple moments of connection during the chilly months.

This challenge invites all employees to create small moments of peace, relaxation, and mindfulness wherever you are.

Employees are invited to share their hygge moment. Hygge moments can happen wherever it works for you — at home, on a break, or during any part of your day. If your role doesn't allow for quiet moments at work, feel free to capture something from home or another space that helps you feel grounded.

Your hygge moment could be:

- Peaceful scenery
- A warm blanket or cozy sweater
- Hot coffee or tea in your favourite mug
- A calming sound (like nature sounds or Gentle music)
- Soft lighting
- Taking a few quiet breaths
- Enjoying a warm beverage
- A comforting scent
- Or, simply sitting somewhere restful



Photo Challenge:

Share a photo of your cozy or restful hygge moment—whether it's a cup of tea, a peaceful space, a view you enjoy, or any small comfort that helps you feel grounded. **Email your photo to livingwell@uwo.ca by March 30 at 12 noon to be entered into a draw for hygge-inspired prizes!**



No special equipment or private space required—everyday comforts count.