



## Hygge Over Hustle

Hygge, pronounced “hue-guh,” is a Danish word that means cozy or comfortable, but it has since become popular in other parts of the world as well. Other English words used to describe hygge include homey, down-to-earth, sincere, warm, close, snug, friendly, welcoming, tranquil, and relaxed.<sup>1</sup>

Beginning in 2020, families around the globe became deeply immersed in the full hygge experience during the COVID-19 pandemic. While the isolation caused mental health strain for some, the natural shift away from busyness and toward a more hygge way of being was refreshing and long overdue for many families.

The focus of hygge is on encouraging real human connections, relaxation, and an acknowledgment of the good things in life. It is a feeling that can be experienced in many different ways: alone, at social gatherings, or in the more intimate moments with your partner. Hyggelig time is an invitation to slow down, reset your priorities, and refocus your attention on what matters most.<sup>2</sup>

Because the hustle has become the norm for many ambitious professionals, transitioning to a hygge lifestyle can feel awkward and challenging at first, but the payoff is big. Hustle-related stress can lead to burnout if left unmanaged.

Glamorizing the hustle may not be in the best interest of employees or organizations in the long term. When short-term bursts of productivity come at the expense of health, it is almost always accompanied by a decline in productivity and an increase in health care costs.<sup>3</sup>



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*When possible, choose hygge  
over hustle to create more balance  
and joy in your life.*

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1. <https://www.merriam-webster.com/words-at-play/what-does-hygge-mean>  
2. <https://doi.org/10.3167/sa.2011.550202>  
3. <https://hbr.org/2019/03/the-case-for-finally-cleaning-your-desk>



## How to Create Space

Life is busy, but busy does not necessarily mean productive. Busyness, defined as “long hours of remunerated employment and lack of leisure time,” is associated with higher levels of stress and poorer quality of life.

White space, or intentional blank spaces, can be good for your health. Space provides time for processing thoughts and ideas. In many cases, white space can also lead to higher levels of productivity and creativity.

Here are some ways to create more space:

**Schedule personal time off in advance.** Reserve time on your calendar for vacations and personal time off as early as possible in the year. Blocking time in advance is easier than rearranging your schedule to make time later.

**Decline invitations.** Sometimes creating space means declining invitations to events and gatherings. It may also involve declining opportunities that require more time or energy than you have capacity for. Learning how to decline invitations with grace can help you preserve or create space.

**Delegate.** Delegating tasks that do not require your specific skills can also free up space. Whether it is a task at home or at work, determine if it can be delegated to someone else who may be better suited to handle it.

**Clear the clutter.** Sometimes life feels overwhelming because of clutter. Cluttered physical spaces can be just as stressful as cluttered calendars. Clearing the clutter from your physical spaces can help reduce distractions and feelings of overwhelm.<sup>4</sup>



**Protect your space.** Creating space is one thing, but honoring and protecting it is another. Unless you safeguard the space you create, you will not get the results you desire.

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*Creating more white space in your life  
can reduce stress, increase productivity,  
and enhance problem solving.*

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4. <https://www.psychologytoday.com/us/blog/the-right-mindset/201910/the-rise-and-grind-hustle-culture>





## Green Living

Green living means different things to different people, but the central theme involves creating habits and behaviors that are respectful of the earth. Being environmentally conscious means caring about how your choices impact other living things, not just in your own neighborhood but throughout the world. The ripple effect of the small decisions you make each day can bring big results over time.

Here are some ways to make your lifestyle a little greener:

**Reduce.** Reduce the amount of waste you produce, such as the number of plastic bags and containers you purchase at the supermarket. Other ways to reduce include driving less, reducing water usage, and switching to renewable energy sources.

**Reuse.** Ditch the single-use items like bottled water and choose reusable options like refillable water bottles and reusable grocery bags.

**Recycle.** Connect with your local recycling program to learn more about what can and cannot be recycled in your area. Many cities also offer recycling and composting classes either for free or for a minimal fee.

**Join a Buy Nothing group.** Hyper-local gift economies like the Buy Nothing organization connect people who need things with people who have things to give. Gifts can range from extra loaves of bread to unwanted furniture, which makes it a convenient way to ensure fewer items end up in the landfill.<sup>5</sup>



*A green lifestyle involves the careful consideration of how your choices impact other living things. Over time, even the smallest choices can have a big impact.*

*To do your part, choose eco-friendly options that are respectful of the environment.*

5. <https://buynothingproject.org/>

# Honey Soy-Glazed Salmon

## Ingredients

- 3/4 lbs wild-caught salmon fillet
- 1 tbsp honey
- 1 tbsp soy sauce (reduced-sodium)
- Olive oil cooking spray
- Salt and freshly ground pepper

## Instructions

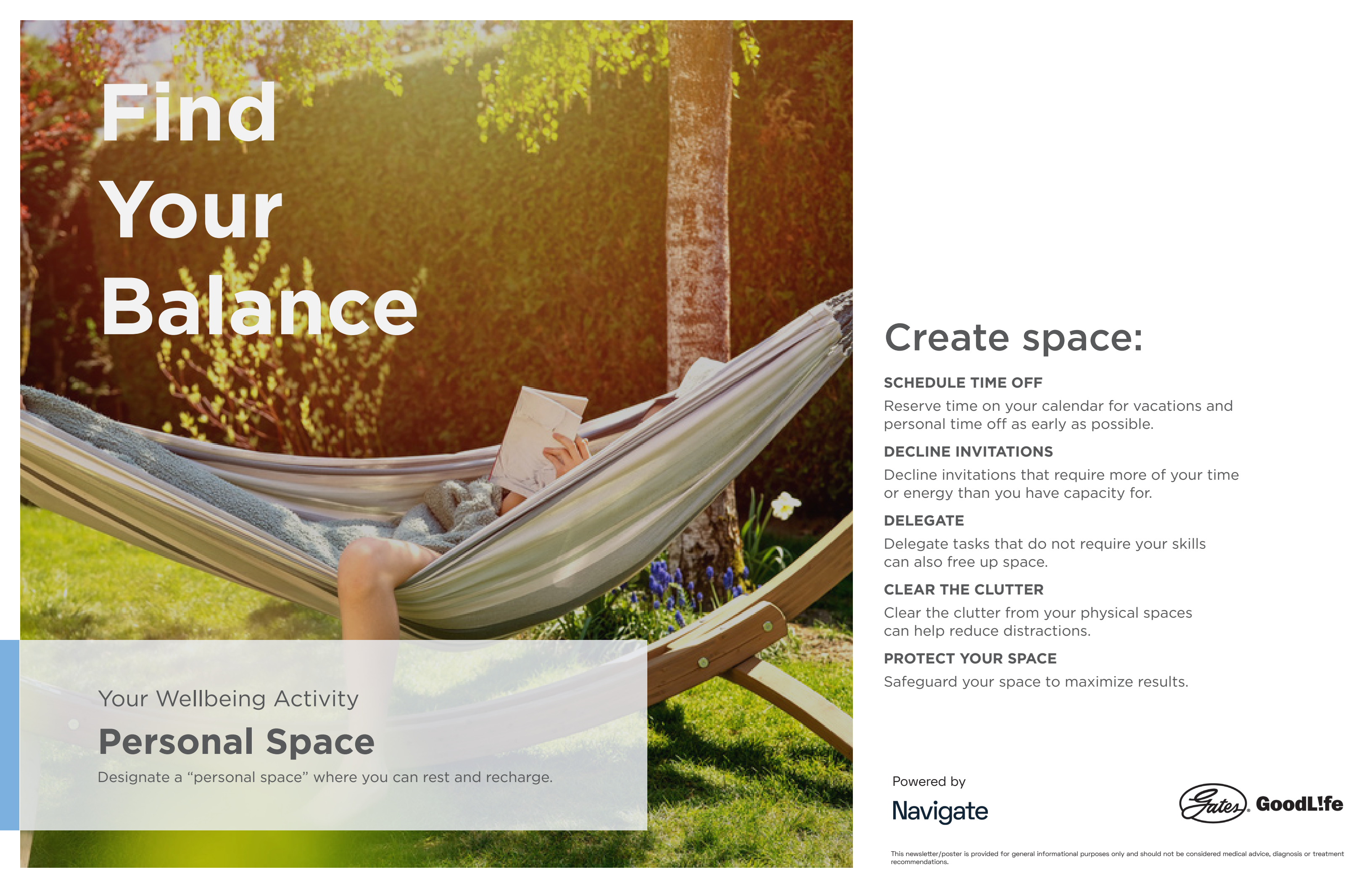
1. Rinse salmon and pat dry with a paper towel.
2. Heat a nonstick skillet over medium-high heat, and spray with olive oil spray.
3. Brown salmon 2 minutes; turn and brown 1 minute. Season the cooked sides with salt and pepper. Lower heat to low, cover, and let cook 7-8 minutes. Remove from heat.
4. Mix honey and soy sauce together. Pour over the salmon, cover, and let sit 1 minute. Serve.

Prep Time	Cook Time	Servings
5 minutes	10 minutes	2



## Nutrition Facts

Calories	303
Total Fat	12g
Cholesterol	95mg
Sodium	370mg
Carbohydrate	12g
Protein	39g



# Find Your Balance

## Create space:

### **SCHEDULE TIME OFF**

Reserve time on your calendar for vacations and personal time off as early as possible.

### **DECLINE INVITATIONS**

Decline invitations that require more of your time or energy than you have capacity for.

### **DELEGATE**

Delegate tasks that do not require your skills can also free up space.

### **CLEAR THE CLUTTER**

Clear the clutter from your physical spaces can help reduce distractions.

### **PROTECT YOUR SPACE**

Safeguard your space to maximize results.

Your Wellbeing Activity

## **Personal Space**

Designate a “personal space” where you can rest and recharge.

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