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WW members

Warm up your life

Why not carry the holidays' feel-good mood into the new year? Tap into the Danish concept of *hygge* (pronounced "hue-guh") to keep the cozy comfort and togetherness going.

That spirit can help you slow down and really savour moments with friends and family. Many *hygge* practices have also been shown to improve well-being. Meik Wiking, author of *The Little Book of Hygge*, suggests that you start by lighting a candle

to evoke warmth and security. Then try these moves:

WHAT TO DO

Feel the hygge!

Be present. Put away phones, turn off the TV, and focus on the people you care about—at home, at a coffee shop with friends, at a holiday party.

Share memories. Swap "Do you remember when...?" stories. They get everyone talking and bonding, which builds togetherness and

mutual understanding.

Express gratitude. Tell your friends and family what you appreciate about them. Notice the good things that happen each day and share them with each other.

THIS WEEK

Make a hygge plan

Choose an action from the ideas above. Use the **4Ws** to decide **What** you'll do, **Where** and **When** you'll do it, and **Who** (if anyone) you'll do it with.

My hygge plan:



For more ways to bring hygge to your life, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**

Grape-prosecco spritzer

Prep 10 min | Freeze 8 hrs

Serves 2



12 large seedless red grapes

6 mint leaves

180 ml (6 fl oz) prosecco or any dry sparkling wine

60 ml (2 fl oz) sparkling water

60 ml (2 fl oz) Concord grape juice

WASH grapes. Thread 3 grapes each onto 2 toothpicks; freeze until solid.

MUDDLE remaining grapes and mint leaves in a cocktail shaker; add ice to nearly fill. Add prosecco; cover and swirl shaker to mix and chill. Divide between two glasses; top with sparkling water. Slowly pour in grape juice; garnish with frozen grapes and serve.

SERVING SIZE: about 150 ml (5 fl oz)

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