

Hot Water Bottle



- Are you someone who is trying to ‘heat the person, not the room,’ relying on hot water bottles and blankets rather than turning the heating up?
- Feeling warm and cosy is about more than physical comfort, there’s an emotional and psychological aspect to it too. Snuggling up with a hot water bottle can help us feel safe and secure and add to our sense of wellbeing.
- The Danish word for this is ‘hygge,’ it’s about enjoying the small things in life and being thankful for simple comforts. An important part of this is connecting with others and doing life together.
- Are there simple things you can do to create that sense of comfort and contentment in your life? How can you create those moments for others, so that they too can slow down, appreciate simple pleasures and feel that they belong?

‘Hygge is about having less, enjoying more; the pleasure of simply being.’

Louisa Thomsen Brits