

Embracing Scandinavianisms:

Integrating Nordic Ways of Living into Our Lives

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World Happiness Report 2021	Why are Scandinavians so happy?
1. Finland 2. Denmark 3. Switzerland 4. Iceland 5. The Netherlands 6. Norway 7. Sweden 8. Luxembourg 9. New Zealand 10. Austria	<ul style="list-style-type: none"> ● They take work/life balance seriously ● Family leave is valued ● They love the great outdoors ● They take care of one another ● They have trust, community, and gratitude



Scandinavianisms	
<p>Denmark: Hygge (hue-guh)</p> <p>“Hygge is about an atmosphere and an experience, rather than about things. It is about being with the people we love. A feeling of home. A feeling that we are safe, that we are shielded from the world and allow ourselves to let our guard down.”</p> <p>Meik Wiking <i>The Little Book of Hygge: Danish Secrets to Happy Living</i></p> <p><i>Hygge = Well-Being</i></p>	<p>Sweden: Lagom (law-gum)</p> <p>Not too much, not too little, just right.</p> <p>“Lagom is about finding a balance that works for you”</p> <p>Niki Brantmark <i>Lagom: The Swedish Art of Living a Balanced, Happy Life</i></p> <p><i>Lagom = Fair Share</i></p>
<p>Norway: Friluftsliv (fri-loofts-live)</p> <p>“Friluftsliv encapsulates the notion that returning to nature is akin to coming home”</p> <p>Madeleine Luckel <i>Friluftsliv, A Norwegian Philosophy Emphasizing the Outdoors, Is the Perfect Summer Antidote to Hygge</i> in Vogue Magazine</p> <p><i>Friluftsliv = Free Air Life</i></p>	<p>Finland: Sisu (see-soo)</p> <p>“Sisu can refer to stoic determination, hardiness, courage, bravery, willpower, tenacity and resilience. It’s an action-oriented mindset. You don’t brag about having sisu; you just let your actions do the talking.”</p> <p>Joanna Nylund <i>Sisu: The Finnish Art of Courage</i></p> <p><i>Sisu = Stick-With-It-Ness</i></p>

*Benjamin Franklin said it best: "Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom."
Meik Wiking, The Little Book of Hygge: The Danish Way to Live Well*

Embracing and Reflecting on Scandinavianisms

How are you already embracing elements of Scandinavianisms?

Mindset

Community

Environment

What area of embracing Scandinavianisms would you like to develop the most?

What ideas do you have for doing so?



Resources and References

Books:

- American Cozy by Stephanie Pedersen
- The Little Book of Hygge: The Danish Way to Live Well by Meik Wiking
- Lagom: The Swedish Art of Living a Balanced, Happy Life by Niki Brantmark
- Simple Life "Friluftsliv": People Meet Nature by Roger Isberg and Sarah Isberg
- Sisu: The Finnish Art of Courage by Joanna Nylund
- The Little Book of Lykke: Secrets of the World's Happiest People by Meik Wiking
- North: How to Live Scandinavian by Bronte Aurell

Articles:

- World Happiness Report: <https://worldhappiness.report/ed/2021/>
- What Americans Can Learn From Scandinavians, the Happiest People in the World <https://www.thrillist.com/travel/nation/why-scandinavians-are-happiest-people-in-the-world>
- Can we be as happy as Scandinavians? <https://www.bbc.com/news/world-39331314>
- World's Top 4 Happiest Countries Are All Nordic – Here's Why <https://www.inverse.com/article/42364-happiest-countries-in-world-nordic-region>
- Nordic Countries Continue To Rank High In Happiness, While America Falls <https://www.forbes.com/sites/alicegwalton/2018/04/03/nordic-countries-continue-to-rank-high-in-happiness-while-america-falls/#1a04e5e823fa>
- Norway Is Happiest Country in the World. What's the Secret? <http://time.com/4706590/scandinavia-world-happiness-report-nordics/>