Task: You are an Instagram influencer and you have started a vlog series called *Life trends*. For this week's episode, the local Mental Health Centre has asked you to explain families in the local community the term *hygge* and the importance of this concept for our mental well-being. (2'00'')

Hygge /ˈhjuːgə/ /ˈhʊgə/

It derives from a sixteenth-century Norwegian term, *hugga*, meaning **to comfort** or **to console**, which is related to the English word **hug**. Associated with relaxation, indulgence, and gratitude, *hygge* has long been considered a part of the **Danish** national character.

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