

30 Days of *Cozy*

As we eagerly wait for autumn to begin, here are 30 simple ways to embrace the coziness and comfort we all crave.

Change the lock screen on your phone to something warm and inviting.

Make a playlist of the songs that always bring you joy.

Watch one of your favorite movies with your phone put away in a different room.

Take a walk through the neighborhood as the sun is just starting to rise.

Spend the day binge-watching a comforting TV show.

Make grilled cheese sandwiches and soup for dinner on a stormy night.

Add a pinch of cayenne pepper to your hot cocoa to make it a little spicy.

Add some tub tea to your evening bath.

Donate your old throw blankets to a local animal shelter.

Buy a book of word puzzles and try to complete one each day.

Invite friends over for a backyard bonfire.

Scatter stacks of books around your house so you're more likely to pick up one to read.

Paint your nails a deep berry red.

Write a letter to a loved one.

Host a game night and play old-fashioned games like charades and cards.

Attempt to bake a loaf of bread.

Put at least one candle in every room in your house.

Sprinkle a little bit of cinnamon in your morning coffee.

Bake something, even if you have to use premade cookie dough or a boxed cake mix.

Look up cozy ambience rooms on YouTube and bookmark your favorites to play on the TV.

Make mulled cider.

Wear your comfiest cardigan over your pajamas while you relax in the morning.

Place sachets in your dresser drawers.

Put together a cozy gift basket for a friend.

Make s'mores on the stove.

Teach yourself a cozy craft, like knitting, crochet, or embroidery.

Visit a farmers market.

Eat dinner by candlelight.

Buy a new pair of impossibly comfortable pajamas.

String twinkle lights around your TV.