

Mount Horeb Area Historical Society

Driftless Historium

"Hygge, Health and Happiness"

Presented by Dr. Claus Andersen

Thurs, Sept 17, 2020

CHAT TRANSCRIPT

00:16:21.621,00:16:24.621

Catherine Grady: Do Danes not train for and seek careers since it is so easy to fire/hire? Or is it more applicable to blue-collar jobs?

00:18:45.635,00:18:48.635

Laura Isaacson: Many of the countries that are the happiest countries are nordic countries with long, cold winters. How does Seasonal Affective Disorder play into happiness in these countries?

00:32:01.902,00:32:04.902

Maeghan Nicholson: Any advice for hygge for kids?

00:34:07.567,00:34:10.567

RACHEL HAWLEY: When I was in Copenhagen a gentleman told me that if there was a city in the US that reminded him the most of Denmark, it was Madison. Would you agree?

00:34:26.800,00:34:29.800

Jeffrey Balesh: Claus! We loved your talk. Can you speak about the impact of homogeneity on the ability for Denmark to have the social system it has?

00:35:42.887,00:35:45.887

Carla Raushenbush: it unfortunate that Hygge, as you describe it, occurs when one is with others that are quite similar. Same class to be sure. Also the idea the HYgge is not so available to poorer or lower class people or to a rich \$ person. AN experience of contentment for just the middle class..

00:37:01.171,00:37:04.171

Mary Lohman: Is there a different definition of success in the Danish mindset (as opposed to the American) that allows for the concept of hygge?

00:40:27.001,00:40:30.001

deb Christensen Larsen: Danes are happy because they have low expectations. I find this absolutely true, personally and what I have learned/experienced with our Interns from Denmark at the Museum of Danish America in Iowa.

00:41:41.737,00:41:44.737

STEPHANIE FRY: We had hosted foreign exchange students in the past, do you feel that the

work schedule (usually less than 40 hours per week) allows them more time to enjoy hygge or perhaps the fact that they have more time off for holiday, more maternity leave with full pay for 9 months or only slightly lesser to stay home the first full year. Healthier food options cost less than the junk foods, etc.

00:41:42.276,00:41:45.276

Jeffrey Balesh: Claus, you can also talk about Jantelov here..

00:43:40.105,00:43:43.105

Catherine Grady: Does the concept of Hygge influence crime rate? If people are content, on a more even plane, is there less inclination to negatively act out?

00:45:31.376,00:45:34.376

Solveig Rossi: Aksel Sandemose

00:46:24.100,00:46:27.100

Solveig Rossi: ...the author of Janteloven

00:46:24.993,00:46:27.993

RACHEL HAWLEY: Can you talk about Freetown Christiania?

00:46:44.060,00:46:47.060

Brianna Cacchione: Thank you so much for presenting. This was very enjoyable.

00:46:56.763,00:46:59.763

Laura Conklin: Tack så mycket, Claus!

00:47:12.462,00:47:15.462

Janis Merkle: If community/togetherness is an essential part of hygge, is there a difference in ratio of introverts/extroverts in Scandinavia compared to U.S.?

00:47:26.536,00:47:29.536

Martine Moran: Hugged and the single woman...how does that work?

Hygge, not Hugged 😊

00:50:30.497,00:50:33.497

Janis Merkle: Thanks, that is a fascinating answer!!

00:52:08.317,00:52:11.317

Catherine Grady: LOL!!! I must be part Danish! That plane story is 100% me...please don't talk to me

00:53:09.243,00:53:12.243

AHSN AHSN: Thank you so much for this fascinating talk.

00:53:09.507,00:53:12.507

Lora Lee: Very interesting! Thank you!

00:53:11.434,00:53:14.434

STEPHANIE FRY: Takke!

00:53:14.023,00:53:17.023

Bianca Pinkerton: Thank you so much!!!!!!!!!!!!!!

00:53:15.218,00:53:18.218

Martine Moran: Thank you!

00:53:15.312,00:53:18.312

RACHEL HAWLEY: Tak!

00:53:16.569,00:53:19.569

Sarah Gao: Thank you!!

00:53:19.661,00:53:22.661

kelly deterding: Thank you!

00:53:20.239,00:53:23.239

Solveig Rossi: Thanks so much!

00:53:21.303,00:53:24.303

Lisa Kramme: Thank you!

00:53:21.678,00:53:24.678

Jeffrey Balesh: Thank you so much!

00:53:25.680,00:53:28.680

Kerry Kresse: Thank you. This was really nice.

00:53:28.054,00:53:31.054

Mary Lohman: Thank you! This was a pleasure!

00:53:33.566,00:53:36.566

Cheri Janssen: Thank you Dr. Anderson!!

00:53:36.986,00:53:39.986

Kirsten Rodriguez: thank you!

00:53:42.818,00:53:45.818

Becky K: Thank you!

00:53:58.534,00:54:01.534

Vicki Elberfeld: Wonderful presentation. Thanks!

00:53:59.691,00:54:02.691

Joan Groe: Thank you; very interesting

00:54:03.749,00:54:06.749

Kandace Heiser: Thank you! Loved it.

00:54:06.475,00:54:09.475

Anna Fraser: I learned so much. Thank you!

00:54:18.254,00:54:21.254

Cheryl Wille-Schlesser: Tusen takk!

00:54:41.732,00:54:44.732

Ashley R: Tusen takk!