# Embrace Lagom, The Swedish Concept of Balanced Living



The Swedish concept of "lagom," meaning "not too much, not too little," offers a balanced approach to life and travel. This practice is about finding the optimal balance between various aspects such as exercise, adventure, food, and relaxation.

Helen Russell, author of "The Atlas of Happiness," traces the term "lagom" to the Swedish word "lag," or "team," originating from Viking traditions where everyone ensured equal share. Travel photographer Lola Akinmade Åkerström describes lagom as an internal scale for balance, suggesting sustainable living.

Incorporating lagom into travel can start with decluttering. Packing light helps reduce anxiety, providing a sense of calm. Simple, practical, and sturdy items are advised for stress-free travel.

The Swedish practice of "fika" encourages taking breaks to recharge with friends over coffee and pastries, which can be a valuable addition to a vacation.

Leaving room for spontaneity instead of rigid planning can lead to more enriching experiences. For instance, the author shared how less structure led to memorable adventures in places like Laos and Ireland.

Balance extends to indulgences as well. Enjoy desserts and cocktails, but in moderation. Lagom suggests savoring food and drink without overconsumption.

Exercise is essential, but rest is equally important. Embracing local activities such as a jog, hike, or bike ride can replace the need for a hotel gym, aligning with the lagom approach to balanced living.