

April 2019

Happiness Calendar

Discover our podcast this month!

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Feel like you're always short on time? The problem may be your brain, not your schedule.	2 This Autism Awareness Day , learn why societal acceptance is so important.	3 Overwhelmed by emotion? An expressive writing practice can help you cope.	4 Podcast radio personality Luke Burbank shares how he takes a break from his over-scheduled lifestyle.	5 Our cities could be friendlier if we let kids help design them.	6 Raising a girl in today's sexist world? Here are six ways to make her strong.
7 About to enter a stressful period? Try these practices.	8 Relationships can be hard. Here's how to put your best self forward.	9 Discover how singer Diana Gameros found awe in Mexico City.	10 Do your kids tell fibs? Here are 3 ways to help them be more honest.	11 Objects can help remind us of human connection. Learn more on this podcast episode.	12 Another unexpected benefit of experiencing awe: It boosts kindness!	13 Feeling taken for granted by your spouse? Christine Carter has some fresh advice.
14 Check out five ways to talk with your kids so they feel loved.	15 In a quick video, Jon Kabat-Zinn explores how listening is an act of love.	16 Do you fixate on your flaws? Our podcast guest learns to focus on her strengths instead.	17 This meditation practice helps you find compassion for others —even those who are difficult.	18 Learn why understanding our evolutionary heritage can make us happier today.	19 Try out a practice that can help you feel connected.	20 Are you a dog person? It might make you closer to your fellow humans!
21 Check out these ten habits of highly creative people on World Creativity and Innovation Day!	22 Happy Earth Day! Check out these three mental tricks that can help you go green.	23 Simple, everyday actions can make life more meaningful.	24 Work stress can be toxic. Learn to change how you think about it—take our online class.	25 For parents: Five ways to raise kind children.	26 This spring, aim for more outdoor time. It can make you happier and more creative.	27 Listening to music can have some surprising social benefits.
28 Solitude can be a good thing. For starters, it can make you more creative.	29 Are you a teacher? Here's why telling your story is so powerful.	30 Learn how happy people are able to take the bad with the good.				

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