

# September 2018 Happiness Calendar

Find forgiveness and bust anxiety 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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu greatergood.berkeley.edu



**1** Dive into our **Science of Happiness course**—a self-paced version starts Sept. 4. Register today!

**2** Ever wondered **why you get along with someone right off the bat**? Here's why.

**3 Happy Labor Day!** Celebrate by learning how to be more engaged at work.

**4** Our new **Foundations of Happiness at Work class** launches today!!

**5** Having a hard time **forgiving someone**? Here are 8 essentials to ease the process.

**6 Are you a cat lover?** Learn why kitties are good for you!

**7** Take these concrete steps to **become more compassionate**.

**8** When the news gets you down, here are **5 ways to restore your faith in humanity**.

**9 Gratitude has a powerful effect on our physical health.** Check out this video to learn more.

**10 Being in a funk** puts a damper on empathy. Here's why and how to turn things around.

**11 Lose yourself in the forest**—it's good for you.

**12** Zoning off during conversations? Learn why you should **pay more attention**.

**13 Checking in with yourself** is essential. Here's why.

**14 Seeing the good in other people** can help us feel better about humankind. Here's why.

**15 Striving for happiness** can sometimes backfire. But don't give up!

**16 Need some awe in your life?** Try this video.

**17** All of us face anxiety at some point. Here are **7 ways to help** someone who's suffering.

**18** Feeling negative? You may need to **change your perspective**.

**19 Got friends?** They may help you live longer.

**20 Do your kids tune you out?** Here's how you can get them to listen to you, without the nagging.

**21** Can't find the **time to meditate**? Why not take a walk to think about it?

**22 Forgiveness takes work.** But it's well worth the emotional effort.

**23 Are you a grandparent?** Learn how to be a great one.

**24** Forgiveness expert **Fred Luskin** on the **benefits of constructive anger**.

**25 Know a veteran?** Here's why you should encourage them to get outdoors.

**26** Do you take your loved ones for granted? Learn how to **appreciate them more**.

**27** Discover a **well-being practice** that helps you find meaning in the everyday.

**28 Forgiving someone** who's done you wrong is hard. But here's why it's so important.

**29** Appreciating the good things around you will **bring more joy** to your life.

**30** Mindfulness can help you **cope with rejection**. Here's why.

