This month, find resilience and reduce anxiety. Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

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<th>SUNDAY</th>
<th>MONDAY</th>
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<td>Are you sheltering in place? Here are six questions to ask yourself each day.</td>
<td>In the midst of our panic around COVID-19, we can look to each other to get through it.</td>
<td>Teachers and parents may be feeling especially fragile. Here are some tools for staying centered.</td>
<td>Find the latest on maintaining well-being during coronavirus on our special resource page.</td>
<td>Here are three ways school closures can help you strengthen your family.</td>
<td>Feeling overwhelmed by the world’s problems? Here’s how to avoid feeling defeated.</td>
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<td>It’s hard for young people to be stuck at home. Here’s how to help them see the bigger picture.</td>
<td>Knowing more facts about COVID-19 can help us fight prejudice.</td>
<td>Another resource for parents with kids home from closed schools: Playwork’s live-stream recess!</td>
<td>Check out these tips for staying sane in a world that isn’t.</td>
<td>Mindful breathing can be very helpful for anxious times.</td>
<td>Click through for five science-backed ways to build resilience.</td>
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<td>Checking in with your physical body can bring a sense of calm.</td>
<td>Social support makes you more resilient—seek it out online or on the phone if you’re sheltering in place.</td>
<td>A body scan meditation can help ease tension.</td>
<td>There are so many reports of human goodness during the coronavirus pandemic. Here are eight of them.</td>
<td>Rick Hanson suggests working on these 12 inner strengths to grow resilience.</td>
<td>Make time in your new schedule for these core human needs.</td>
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<td>Some people are more anxious than others. Find out how to support loved ones who are struggling.</td>
<td>A quick trick involving veggies can hack your brain’s prejudice.</td>
<td>Can you find common ground with everyone, rather than excluding certain people from your circle?</td>
<td>Try this subtle way to induce kindness, particularly in kids.</td>
<td>A compassion meditation can help you strengthen feelings of concern for the suffering of others.</td>
<td>Now may be the time to try our online course, offering skills to boost resilience and well-being in your life.</td>
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Happiness Calendar

Feeling overwhelmed by the world’s problems? Here’s how to avoid feeling defeated.

Are you sheltering in place? Here are six questions to ask yourself each day.

Mindful breathing can be very helpful for anxious times.

Another resource for parents with kids home from closed schools: Playwork’s live-stream recess!

Rick Hanson suggests working on these 12 inner strengths to grow resilience.

Even in self-isolation, solo walks in nature may still be on the table. Here are five ways hiking is good for you.

Knowing more facts about COVID-19 can help us fight prejudice.

Having a hard time calming your nerves? Here’s how one podcast guest used walking to calm herself down.

A body scan meditation can help ease tension.

Checking in with your physical body can bring a sense of calm.

Social support makes you more resilient—seek it out online or on the phone if you’re sheltering in place.

There are so many reports of human goodness during the coronavirus pandemic. Here are eight of them.

A huge thanks to you if you are a healthcare worker. Here are some ways to protect your own well-being.

Now may be the time to try our online course, offering skills to boost resilience and well-being in your life.

The happiness calendar is a tool for guiding you through the challenges of pandemic life, and is a resource for bringing greater well-being to your life.

A compassionate and resilient you means a more resilient world.

A huge thanks to you if you are a healthcare worker. Here are some ways to protect your own well-being.

Check out this practice on gaining perspective on negative events. You may find it lessens your anxiety.

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