

August 2018 Happiness Calendar

Learn to love mindfulness and small talk 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

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1 Find out how **mindfulness can make you kind**.

2 Why you shouldn't hate **small talk**.

3 You still have a month to **make a dent in our summer reading list**.

4 **Admitting you don't know something** can actually make you a better learner.

5 Find out where **happiness lives in your brain**.

6 **Want to be happier?** Focus on your relationships.

7 **Discover 7 timeless lessons** from Mister Rogers.

8 Watch biologist **Robert Sapolsky** explain why **stress can be good for you**.

9 Need to say you're sorry? Here's how to **make your apology count**.

10 **How altruistic are you?** Take our quiz to find out.

11 This exercise can help you **overcome barriers to altruism**.

12 Is fear holding you back? Here are **3 ways to cultivate courage**.

13 Looking to **help your co-workers discover mindfulness?** Here are some tips.

14 If you want to feel happy, **avoid social comparisons**.

15 **Having a pal at work is a good thing**. Here's why.

16 **Different meditation practices offer different benefits**. Find out what's best for you.

17 **Holding on to anger** isn't good for anyone. Here's one way to let go.

18 Ready to **ditch the drama** in your relationships? Here's how.

19 Find out **what makes a hero**.

20 **Discover more about empathy**, including why you should cultivate it.

21 Why **being kind to yourself** may make you less critical of your body.

22 **Find some gratitude**. It's not just good for your soul, it's good for your heart, too.

23 If you are **feeling stressed**, don't cut yourself off from other people. Here's why.

24 Learn more about **three core elements of mindfulness**: intention, attention & attitude.

25 Find out why **sex is so good for your relationship**.

26 Have **cravings that are hard to ignore?** Learn how mindfulness can help.

27 **Do you feel awkward in social situations?** Here's how to get through it.

28 Here's how to **stay true to yourself** without letting anyone else down.

29 Here's how to **forge meaningful relationships** with people from different backgrounds.

30 Find out how **your brain stops a bad day from making you hate everyone**.

31 Find out why we need to **cultivate gratitude** before we can forgive.

