

July 2019 Happiness Calendar

Find Your Happy Place at Work

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to Greater Good's newsletters**.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Discover the Science of Happiness at Work with our 3-course series (audit for free!)	2 Discover four keys to happiness at work.	3 Find out what you can do tonight for a better workday tomorrow.	4 Learn how to treat yourself with kindness with this self-compassion exercise.	5 What neuroscience says about making work meaningful .	6 Don't be afraid to ask for help at work. Here's how to do it effectively.
7 Learn how to feel alive and inspired at work!	8 Discover three ways to overcome fear of failure at work.	9 Learn how mindfulness meditation can sharpen your focus .	10 Check out this short video on why workers need mindfulness .	11 Make office chitchat fun.	12 Learn how your brain can help turn a bad day around .	13 Interested in starting a mindfulness practice ? Try out this loving-kindness meditation.
14 Try this exercise to resolve conflict at work.	15 Here's how to prevent burnout —according to science.	16 Feel your body drop tension as you try this practice.	17 Try these four steps to feel energized (and satisfied) on the job.	18 Feeling that your life has purpose is so important. Here's how to find yours.	19 Spending time alone can be rejuvenating. Here's why.	20 Learn why it doesn't pay to be ruthless at work.
21 Tackle daunting tasks with this goal visualization practice.	22 You should take a relaxing lunch break . Here's why.	23 Here's how to tune down your inner self-critic .	24 Check out the power of work friendships .	25 Here's how to protect your romantic relationship from work stress.	26 Boost your optimism by imagining your best possible self.	27 Learn how to create a work environment where everyone feels valued.
28 Three tips for dealing with negative emotions at work.	29 Trees can make you happier . Take a break in Faculty Glade or the Botanical Garden!	30 Learn how to check in with yourself .	31 Keep up with the latest in Greater Good Workplaces by signing up for our newsletter!		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	