

# December 2019 Happiness Calendar

Find calm and resilience this holiday season!

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
<p><b>1</b> Feeling anxious? <b>A good night's sleep</b> can help.</p>	<p><b>2</b> Trust your urge to <b>be kind to the world</b>.</p>	<p><b>3</b> Practice acceptance. It's <b>an effective stress-buster</b>.</p>	<p><b>4</b> <b>Being bullied at school</b> can seriously affect children. Here's what schools can do.</p>	<p><b>5</b> And here's <b>what parents can do about bullying</b>.</p>	<p><b>6</b> <b>Focusing on your breath</b> can make you healthier and happier. Here's why.</p>	<p><b>7</b> <b>Strong social connections</b> can make single people happier than those coupled up.</p>
<p><b>8</b> <b>An unfair division of labor</b> hurts both members of a relationship.</p>	<p><b>9</b> <b>The Greater Good Toolkit</b> launches today! Snap one up to give as a gift this holiday!</p>	<p><b>10</b> <b>Feeling connected</b> to others at work is super important. Here are six ways to do it.</p>	<p><b>11</b> We live in stressful times. Here are <b>4 ways to calm your mind</b>.</p>	<p><b>12</b> Kids start to tell lies when they are still toddlers. Here's how to <b>nudge them toward honesty</b>.</p>	<p><b>13</b> Check out this video of teens reading <b>gratitude letters</b> aloud to a teacher, a mom, and a best friend.</p>	<p><b>14</b> <b>Try out your own gratitude letter</b> this holiday season!</p>
<p><b>15</b> <b>Dreading the holidays?</b> Here are two surprising ways to make the season less stressful.</p>	<p><b>16</b> <b>Kids deserve their own happiness calendar!</b> Here's how to help them create one.</p>	<p><b>17</b> <b>Pace yourself</b> this holiday season!</p>	<p><b>18</b> Do you take shame and fear with you to <b>family gatherings?</b> Here's how to get a grip.</p>	<p><b>19</b> <b>Feeling stressed?</b> Gratitude can help.</p>	<p><b>20</b> Will you be coping with difficult relatives this holiday season? Here are <b>some tips to cope</b>.</p>	<p><b>21</b> <b>Giving can be better than getting.</b> Here's why.</p>
<p><b>22</b>  <b>Happy Hannukah!</b></p>	<p><b>23</b> Enjoy caroling with friends and family. <b>Singing may make your bonds stronger!</b></p>	<p><b>24</b> <b>Christmas Eve</b> is a great time to practice some hygge.</p>	<p><b>25</b>  <b>Merry Christmas!</b></p>	<p><b>26</b>  <b>Happy Kwanzaa!</b></p>	<p><b>27</b> Helping your <b>kids process their emotions</b> is a great way to show your love.</p>	<p><b>28</b> <b>Got cats?</b> They may be making you happier &amp; healthier!</p>
<p><b>29</b> It's easy to lose sight of <b>what matters most</b>. Here's how one woman got her priorities straight.</p>	<p><b>30</b> Have you enjoyed this year of Happiness Calendars? <b>Show your gratitude</b> by donating to GGSC!</p>	<p><b>31</b> <b>Happy New Year!</b> Check out these 3 resolutions that will actually make you happier!</p>				

**GGSC** Greater Good Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu