

February 2020 Happiness Calendar

This month, find radical self-compassion and set boundaries.

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 A new session of **The Science of Happiness at Work** starts today. Join us!

2 **It's Play Your Ukulele Day**, a perfect day to enjoy all the emotions music helps you feel.

3 How can **people from different groups** get on the same page? Our podcast guest has tips.

4 When you say **thank you**, the benefits carry forward.

5 **Can mindfulness help when you're depressed?** Research suggests yes.

6 Did you know that **meditation changes your brain?**

7 Want to **change your behavior?** Value the journey, not the destination.

8 Encourage your kids to be giving by **reading inspiring books.**

9 Even when you are a busy parent, you can **find time for happiness.**

10 **Christine Carter** has tips on how to **help your teen manage their own life.**

11 Happy National Make a Friend Day! Here's **why you click with certain people.**

12 Check out these tips on **aging well** from a neuroscientist.

13 Good news! **Optimism may keep you alive longer.**

14 This Valentine's Day, be sure to **show your partner some gratitude.**

15 **Tara Brach** shares tips on cultivating **radical compassion** for yourself and others.

16 In this cute video, kids offer tips to **train your brain to be kinder.**

17 Celebrate **Random Acts of Kindness Day** by planning some of your own.

18 Today's the launch of **Christine Carter's** new book: **The New Adolescence.**

19 Discover how to **work better in diverse groups** with this new practice.

20 Need some help **setting boundaries** in your relationships? Catch our webcast tomorrow.

21 Get out there and exercise! It's **great for your brain.**

22 When you're caring for other people, don't forget to **be kind to yourself.**

23 **Mid-life can sometimes throw you for a loop.** Here's how to cope.

24 Are you a health professional **struggling with burnout?** Consider joining our upcoming institute.

25 Sometimes empathy isn't enough. We need to **listen to each other's stories.**

26 Looking for a fun gift for friends, family, clients...or yourself? Check out our **Greater Good Toolkit!**

27 You can overcome **your brain's fixation** on bad things.

28 Need to work on **getting closer to your partner?** Try out an exciting new activity together.

29 **It's Leap Year!** Take advantage of the extra day this month to find some funny.