

# March 2019 Happiness Calendar

Give compliments, catch some flicks, and jot down three good things 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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



**1 Celebrate World Compliment Day** by learning how your words can make someone else's day.

**2** Does stress have you feeling tense? **Try a body scan meditation.**

**3** Be inspired by these **13 films that highlight the best in humanity.**

**4** Busyness running you ragged? Taking a **rest can make you more productive.**

**5** **The world needs an empathy revolution.** Here's why.

**6** Encouraging yourself to **look on the bright side** can make you healthier.

**7** Got kids? **Your love is the key to their compassion.**

**8** This **International Women's Day**, write a thank you letter to the women who've most influenced your life.

**9** **Being vulnerable** can be a good thing. Here's why.

**10** **Long-term romantic relationships are hard.** Here's advice to make yours last.

**11** **Fear you're being a jerk at work?** Here's how to ditch the bad behavior.

**12** Check out our podcast on the **power of listing the good things in life.**

**13** Build a culture of **gratitude at work** with these three tips.

**14** **Got a kid who wants to quit?** Here's how to help her stick with it.

**15** You can adore romantic comedies, but **don't believe the fairy tales they spin.**

**16** Learn how **Congressman Tim Ryan treats difficult people with compassion.**

**17** Like happiness, **luck can be cultivated.** Give yourself some this St. Patrick's Day.

**18** Students who took our online course share their **newfound happiness.**

**19** Join the GGSC—live or via webcast—March 22 for **The Science of a Happy Relationship.**

**20** It's the **International Day of Happiness!** Boost yours by joining our online class.

**21** Mark World Poetry Day with US Poet Laureate **Robert Hass's awe-inspiring poems.**

**22** Looking to **get closer to someone special?** Try these 36 questions.

**23** Learning self-regulation can **set your kid up for success.** Here's how to help.

**24** Becoming more mindful can help you **live more authentically.** Here's why.

**25** You need more than a paycheck to **feel valued at work.**

**26** Learn why the GGSC thinks that **bridging differences is crucial** in today's America.

**27** **Practice kindness:** it's one of the most direct routes to happiness.

**28** If stressful times are coming, here are **well-being practices** that can help.

**29** Here's how to **find purpose outside of work.**

**30** **Finding forgiveness** is hard. Here's how to start.

**31** **Get out in nature.** It helps you love your body.

*From the poem*  
**The Apple Trees at Olema**  
*by Robert Hass, US Poet Laureate*

*They are walking in the woods along the coast and in a grassy meadow, wasting, they come upon two old neglected apple trees. Moss thickened every bough and the wood of the limbs looked rotten but the trees were wild with blossom and a green fire of small new leaves flickered even on the deadest branches.*