

April 2021 Happiness Calendar

This month, find a sense of awe and peace.

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 Don't forget April Fool's Day! Find humor and laughter where you can.

2 Educate yourself about **anti-Asian racism** and do your part to stop the hate.

3 Try **unplugging from technology** for part of the day.

4 Notice your habits around anxiety so you can change them.

5 Appreciate the **good things in your relationship**.

6 Reflect on how you've **adapted and evolved** during the pandemic.

7 Is your workplace **helpful and supportive**? Take our Compassionate Organizations quiz.

8 Make a list of **three good things** that happened today.

9 Take a walk and focus on **wonder, awe, and beauty**.

10 Do what you can to help others, but **don't feel responsible** for everyone's problems.

11 Connect with your community—it will make you happier and healthier.

12 Fight prejudice with our anti-racist resources.

13 Apply to join our communities of practice to **bridge differences** in higher education.

14 Practice forgiveness not for the sake of others, but for yourself.

15 Listen to music with a loved one today.

16 Care for and **advocate for women** with our resources for women's well-being.

17 Support transgender teens by using their preferred name and pronoun.

18 Always look for new **evidence that challenges your knowledge and assumptions**.

19 Go out of your way to **connect with a coworker**.

20 Get your body moving to **boost your mood**.

21 Take our **Science of Happiness course** to find more connection and meaning in life.

22 On video calls, turn off the self view for **less distraction**.

23 Practice mindfulness to help you **overcome your own biases**.

24 Schedule time in your day to **seek out awe in nature**.

25 Watch an uplifting movie, like Pixar's *Soul*.

26 Ask for help at work.

27 Try to **be open to talking about mental illness**, to help fight the stigma.

28 Teach kids to be kind—it's good for their health!

29 If you've experienced trauma, seek out meditation teachers who are sensitive to that.

30 Build parent-teacher relationships to make sure all students' needs are served.

