

# August 2020 Happiness Calendar

This month, work through conflict and find the love.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

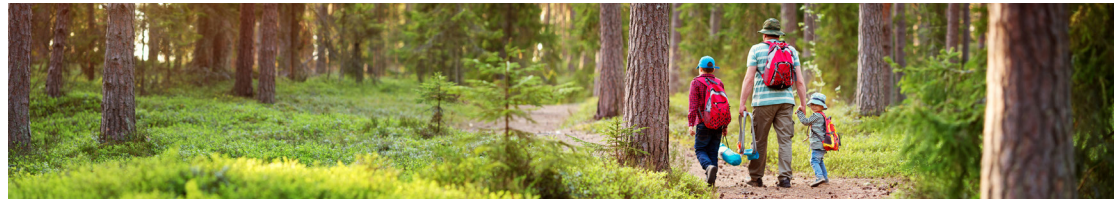
THURSDAY

FRIDAY

SATURDAY

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

ggsc.berkeley.edu  
greatergood.berkeley.edu



**1** Get outside and move your body. Your mind will thank you.

**2** Friendships are important for your health. How about calling a friend today?

**3** Watch this video about a common mistake we make in tough conversations.

**4** Look for ways to volunteer in your community—it's good for your mental health, too.

**5** To better serve racial justice, make sure you do the inner work.

**6** Listen to a podcast episode about being more calm and patient with family.

**7** Ask yourself these questions when forming a pandemic pod.

**8** Happy International Cat Day! Here's why it pays to be a cat lover.

**9** Learn the four key components of a good apology.

**10** Practice deep listening to build understanding—and maybe even change someone's mind.

**11** How do you love your partner? Take our Compassionate Love quiz.

**12** Watch a video about how stress could affect your genes.

**13** Follow these tips to grow your compassion for the suffering of others.

**14** Explore how your purpose can change across your lifetime.

**15** Try this writing practice to feel more connected to people.

**16** Educate yourself on the racial inequities showing up in the pandemic.

**17** Practice these six habits of highly empathic people.

**18** When you're facing difficulty, try these five strategies for resilience.

**19** Do you have friends of different ages? Here's why they're so special.

**20** Help kids find positive lessons about compassion amid the pandemic.

**21** Avoid these four pitfalls that could threaten your relationship.

**22** We all carry prejudice. Take these steps to stop the racist in you.

**23** If saying no is hard, follow these suggestions from Christine Carter.

**24** Keep these points in mind as you work to bridge differences with others.

**25** Learn to embrace dark emotions rather than avoiding them.

**26** Send out warmth and goodwill with a loving-kindness meditation.

**27** To be more creative, pay attention to your work environment.

**28** Hear our podcast guest try to cultivate compassion for people she disagrees with.

**29** Recognize your own unconscious biases and work to overcome them.

**30** Problems in your relationship? Break free from common emotional patterns.

**31** Watch two political opponents find common ground—and something more.

