

# August 2022

## Happiness Calendar

This month, get creative and connect with your body.

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
	<b>1 Take a break</b> and dance today!	<b>2</b> If you're <b>worrying about the future</b> , imagine the possibility that things could turn out well.	<b>3</b> To feel closer to someone, <b>go beyond small talk</b> .	<b>4</b> Seek out beauty to <b>stimulate your creativity</b> .	<b>5 Try taking a walk during a difficult conversation</b> at work.	<b>6 Pay special attention to nature</b> when you come across it.
<b>7 Educate yourself on the issue of abortion</b> .	<b>8</b> Reflect on <b>how connected you are to others</b> .	<b>9 Get a secret off your chest</b> .	<b>10 Put on some music that you enjoy</b> .	<b>11 How intellectually humble are you?</b> Take our quiz.	<b>12 Be gentle with yourself</b> during life transitions.	<b>13</b> Leave some time for <b>spontaneity and exploration</b> in your vacation.
<b>14 Sneak in some exercise</b> —you'll feel better after!	<b>15 Look for areas of agreement</b> with your political opponents.	<b>16</b> Write down <b>three things that went well</b> today.	<b>17 Offer to make amends</b> when you've hurt someone.	<b>18 Spend some time on a creative project</b> .	<b>19 To figure out your purpose in life</b> , take an inventory of your strengths.	<b>20 Admit when you were wrong online</b> .
<b>21 Recharge and relax this summer</b> (especially if you're a teacher)!	<b>22 Don't give up on political dialogue</b> , even if it's hard.	<b>23</b> Try a deep sigh to help <b>release stress and tension</b> .	<b>24 Anticipate challenges</b> rather than expecting everything to go perfectly.	<b>25 Don't turn away from negative emotions</b> , in yourself or others.	<b>26 Instead of arguing your points</b> , share the story of how you developed your beliefs.	<b>27 Take a mindful walk</b> .
<b>28 Visit a local museum</b> .	<b>29 Talk with your kids about their technology use</b> .	<b>30</b> Be open to <b>different ways of thinking</b> .	<b>31</b> Pause and give yourself the space to <b>make a wiser decision</b> .		 <b>Greater Good Science Center</b> ggsc.berkeley.edu greatergood.berkeley.edu	