

# August 2023

## Happiness Calendar

This month, relax and recharge.

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
 <p>Greater Good Science Center</p> <p>ggsc.berkeley.edu greatergood.berkeley.edu</p>		<p><b>1</b> Go for a swim.</p>	<p><b>2</b> Support teens who are struggling.</p>	<p><b>3</b> Tune in to your five senses.</p>	<p><b>4</b> Find moments of laughter.</p>	<p><b>5</b> Meditate on your breathing.</p>
<p><b>6</b> Check out the <b>Greater Good Toolkit for Kids</b>.</p>	<p><b>7</b> Plan ahead so you don't have extra stress after vacation.</p>	<p><b>8</b> Lean on other people in tough times.</p>	<p><b>9</b> Show your appreciation.</p>	<p><b>10</b> Recognize how much <b>luck and circumstances</b> shape our lives.</p>	<p><b>11</b> Model being humble and embracing mistakes.</p>	<p><b>12</b> Go outside and take a photo of nature.</p>
<p><b>13</b> Seek to reduce suffering in yourself and others.</p>	<p><b>14</b> Take time to rest today.</p>	<p><b>15</b> Work on managing your screen time.</p>	<p><b>16</b> Ask for help at work.</p>	<p><b>17</b> Offer yourself care and compassion.</p>	<p><b>18</b> Spend time with people who listen to you.</p>	<p><b>19</b> Take a relaxing lunch break.</p>
<p><b>20</b> Do you notice joy and share in others' happiness? Take a quiz to find out.</p>	<p><b>21</b> Practice mindful movement.</p>	<p><b>22</b> Remember that everyone has worries and struggles.</p>	<p><b>23</b> Take our Science of Happiness online course.</p>	<p><b>24</b> Take a 5-minute break to be kind to yourself.</p>	<p><b>25</b> Connect with people who are different from you.</p>	<p><b>26</b> See the good in others.</p>
<p><b>27</b> Identify how you want to grow as a person.</p>	<p><b>28</b> Let go without giving up.</p>	<p><b>29</b> Savor the beauty in your day.</p>	<p><b>30</b> Understand the trauma in your family's history.</p>	<p><b>31</b> Spend a few minutes in restful silence.</p>		