

# December 2020 Happiness Calendar

This month, practice generosity and connect with your loved ones.

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 Happy Giving Tuesday!</b> Here's how to choose the most meaningful ways to give.	<b>2</b> If there's <b>tension in one of your relationships</b> , take steps to repair it.	<b>3</b> After an intense election, find a way to <b>help your community heal</b> .	<b>4</b> Overcome your reluctance to <b>ask for help at work</b> .	<b>5</b> Instead of texting, <b>call a friend today</b> .
<b>6</b> Keep an eye out for <b>kindness in your community</b> —or create some yourself!	<b>7</b> Remember <b>how valuable your time is</b> when making decisions.	<b>8</b> Help young people <b>make sense of a divisive election</b> .	<b>9</b> <b>How strong are your social connections, online and off?</b> Take our Social Capital quiz.	<b>10</b> Commit to <b>practicing empathy</b> even when it's hard.	<b>11</b> Try a breathing practice to <b>calm your anxiety</b> .	<b>12</b> <b>Say thank you to a grandparent</b> today!
<b>13</b> Help your kids <b>learn to love giving</b> .	<b>14</b> <b>Practice mindfulness</b> during a difficult political conversation.	<b>15</b> <b>Consider a donation to the GGSC</b> . All gifts will be matched through the end of the year!	<b>16</b> <b>Make your holidays special</b> , even during the pandemic.	<b>17</b> Try <b>letting go of anger</b> through compassion.	<b>18</b> <b>Struggling these days?</b> Understand how your brain reacts to uncertainty.	<b>19</b> If you want to persuade someone, <b>be wary of using polarizing language</b> .
<b>20</b> Be a moral rebel and <b>stand up for what you believe in</b> .	<b>21</b> Hold on to <b>connection and gratitude during the pandemic holidays</b> .	<b>22</b> <b>Reflect on your family's communication style</b> before having a hard conversation.	<b>23</b> <b>Spread goodwill and kindness</b> this holiday season.	<b>24</b> <b>The end of the year can be stressful</b> . Try these practices to help you cope.	<b>25</b> <b>Practice mindful eating</b> over the holidays.	<b>26</b> <b>Create a time capsule</b> of your life right now.
<b>27</b> Join <b>Kristin Neff</b> and <b>Chris Germer</b> for <b>a workshop on mindful self-compassion</b> .	<b>28</b> Imagine what <b>your ideal relationships</b> would look like in the future.	<b>29</b> Make a list of <b>New Year's resolutions</b> .	<b>30</b> <b>Take our Science of Happiness course</b> for a happier 2021.	<b>31</b> <b>Reflect on the story you're telling yourself</b> about your life this year.	 <b>Greater Good Science Center</b> ggsc.berkeley.edu greatergood.berkeley.edu	