

# December 2021

## Happiness Calendar

This month, lift your spirits with kindness and 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  
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**1** Reminisce about the past—it can **make you happier** in the present.

**2** Spend **quality time** with people you care about.

**3** Help a **stranger** in need.

**4** Consider **choosing forgiveness** as a way to reduce your own suffering.

**5** Take small steps toward **confronting your fears**.

**6** Limit your **social media use** if you spend too much time scrolling.

**7** Reflect on **the cultural or religious values** that are important to you.

**8** Eliminate distractions when eating for a **more mindful, enjoyable meal**.

**9** Write a **message of gratitude** to a person you never properly thanked.

**10** Connect **with someone** from a different generation than you.

**11** **Stressed out by the news?** Try meditating.

**12** **In the middle of an argument**, take a pause to cool down.

**13** Be aware of how **stereotypes may be affecting your social interactions**.

**14** Turn on your **favorite sad song**—it can actually make you feel good.

**15** Slow down and **be present with loved ones**.

**16** Find **hope for the future** by reminding yourself what you believe in.

**17** Let go of your expectations and have a **less stressful holiday season**.

**18** Make sure you have **important documents in order**, like a will.

**19** Deliberately **cultivate feelings of compassion** for people near and far.

**20** Talk with your family about their **purpose in life**.

**21** How big is your circle of concern? **Take our Connection to Humanity quiz**.

**22** Keep in mind that your own **opinions and viewpoints** could be wrong.

**23** Seek out social support **when you're stressed**.

**24** If you're too busy helping others, step back and **take time for yourself**.

**25** Remind yourself **how you overcame a challenge** this year.

**26** Find a **community service project** to get involved in.

**27** Look out for ways **unconscious bias** shows up in your decisions.

**28** Get started **with a small goal**.

**29** **Don't worry if you feel old**. It might just make you kinder.

**30** Take our **Science of Happiness course** in the new year!

**31** Choose a **simple New Year's resolution** that will make you happier.

