

February 2019 Happiness Calendar

Live your life with courage and purpose this month.

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



1 Here's how to **make the rest of 2019 more meaningful**.

2 Find out why **thoughts about your emotions can affect your happiness**.

3 **Put down your phone**. It's making it hard for you to connect with others.

4 Learn why **feeling grateful at work** is a good thing.

5 **Get some shut eye**. It's good for all your relationships!

6 Take a deep **dive into positive neuroscience** with our new report.

7 Discover how our podcast guest built up **feelings of trust and security**.

8 Feeling stressed? Here's how to **seek support instead of shunning it**.

9 Who doesn't love puppies? And turns out looking at them can **improve your marriage**.

10 Find out why **cooperation breeds cooperation**.

11 **It's National Make a Friend Day!** Discover how friends can boost our health.

12 It can be a good idea to stay single until you **find the right relationship**.

13 **Get ready for Valentine's Day** with this new *Greater Good in Action* exercise for couples.

14 Explore four ways to **make the most of gratitude** this Valentine's Day.

15 Check out our live & webcast event **The Science of a Happy Relationship** — March 22.

16 **Feeling stressed?** You may need some empathic friends.

17 Celebrate **National Random Acts of Kindness Day** with some kind acts of your own.

18 Try this practice to help **overcome the fears that are holding you back**.

19 **Get creative!** It's good for your well-being!

20 Learn to avoid the four **behaviors that spell doom for relationships**.

21 In this video, workplace expert **Mike Robbins** explains why **we need appreciation at work**.

22 Are you parenting a toddler? Here's **how to survive even the most epic tantrum**.

23 Are you your own worst critic? This podcast episode can help **quiet negative self talk**.

24 When it comes to your social life, **appreciate what you have** rather than looking for something better.

25 Check out this advice on **how not to let the little chores of life overwhelm you!**

26 Here's how to **face emotional challenges** using mindfulness, acceptance, and self-compassion.

27 **Compassion may be vital** to the survival of our species. The good news is it can be cultivated.

28 **Jack Kornfield** offers wisdom on why we should **seek happiness** even in hard times.



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