

February 2022

Happiness Calendar

This month, find hope and courage.

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
greatergood.berkeley.edu

1 Read books by Black authors for Black History Month.

2 Look for the humor in a challenging situation.

3 Find ways to interact more with your neighbors.

4 Let go of the expectation that you should feel happy all the time.

5 Be gentle with yourself when you feel afraid.

6 Call an old friend today.

7 Listen to soothing music.

8 Notice all the ways that you're being courageous just by quietly persevering.

9 Try our one-month Pathway to Happiness program.

10 When work is stressful, take a moment to practice gratitude.

11 Nourish yourself with the things that give you a sense of meaning.

12 Make a list of actions you could take to help alleviate your anxieties.

13 Practice loving-kindness to generate warm, compassionate feelings for others.

14 Reflect on what you want in your relationships and how you might achieve it.

15 Identify the goals that would help get you where you want to go.

16 Take four long, deep breaths (along with your kids) to help everyone calm down.

17 Find your tribe by seeking out cultural and community groups.

18 Offer everyone patience and kindness as you navigate pandemic-time school together.

19 Identify self-care practices that rejuvenate and restore your energy.

20 To get through hard times, acknowledge the difficulty rather than trying to fight it.

21 What do you think about Greater Good? Take our annual audience survey.

22 Have a heart-to-heart conversation with someone you disagree with.

23 Try to let go of unhelpful self-judgment and self-criticism.

24 Hold on to hope and courage in the face of climate change.

25 Forgive yourself to move on from a lingering regret.

26 Beware of the temptation to avoid other people's suffering and try to stay empathic.

27 Spend more time outdoors in nature this week.

28 Imagine what your best possible life would look like.

