

July 2020 Happiness Calendar

This month, cultivate belonging and take care of each other.

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

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5 Reach out today with **small acts of kindness.**

6 The pandemic has disrupted our lives. Listen to a podcast episode about **setting new goals.**

7 Here are some ways to **challenge stereotypes** about African Americans.

8 Stuck **at home with kids** this summer? **Christine Carter** has advice for you.

9 We're wired to connect with others. Remember to **prioritize your relationships** this month.

10 Discover **tools for support, understanding, and solidarity.**

11 Follow these four tips to **feel good on a hard day in lockdown.**

12 **Stressed at work?** Take our online course to feel more satisfied, engaged, and connected.

13 Learn what it means to **bridge our differences** and how to get started.

14 Times are uncertain. Read about ways you can **support the people you lead and serve.**

15 Help your loved ones **focus on the good** today.

16 **Friendships have gone digital.** Watch this video of two kids using questions to connect online.

17 Listen to our podcast episode with **john a. powell** on **racial justice and belonging.**

18 Try these seven ways to **feel more in control** of your life.

19 In challenging times, here's how one mother tries to **stay positive** for her kids.

20 How **stressed and anxious** are you? Take this quiz to find out.

21 Hear how our podcast guest found reminders of **connection and love** in her own home.

22 Can't go to the movies? Stay home and watch these **12 films that highlight the best in humanity.**

23 Here are three tips for **talking to your kids about race.**

24 Learn how to **connect with what matters to you** in this video.

25 Try this **active listening practice** to connect better in a conversation.

26 Look around for **ways to help others**—you'll feel better, too.

27 Use these techniques to **hardwire your brain for resilience.**

28 **Boost your gratitude** for your loved ones by imagining you never met.

29 **Overcome divides** in your family, community, or nation with the Bridging Differences Playbook.

30 On the **International Day of Friendship**, take a moment to appreciate your friends.

31 With the challenges we're facing today, **let's all be heroes**—together.

