

July 2021

Happiness Calendar

This month, let your struggles and joys coexist.

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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4 Register for our new course on **bridging differences**.

5 When you're going through something challenging, **consider what it has to teach you**.

6 If you want to change someone's opinion, **listen to their concerns** first.

7 **Take a picture of something in nature** that you appreciate.

8 Break the stigma and **talk with others about mental health**.

9 **Give someone a hug!**

10 **Say thank you** to a health care worker.

11 **Embrace mixed emotions**; don't put pressure on yourself to feel good all the time.

12 Reflect on **your passions, values, and goals** for the future.

13 To create a **kinder, more inclusive community**, lead by example.

14 **Create rituals** to help you remember people you lost.

15 **When you hurt someone**, don't just apologize; find a way to make amends.

16 **After a stressful event**, try to think of one good thing that came out of it.

17 Self-care is not always gentle. Connect with your inner fierceness to **stand up for yourself**.

18 **Try eating slowly and mindfully**, with all your five senses.

19 **Reflect on what your parents taught you** about your culture.

20 **Express your appreciation** to someone special in your life.

21 **Be vulnerable with young people** to help them open up to you.

22 **Pause and savor a positive experience** today, letting it really sink in to your brain.

23 Recognize **how other people helped you** get where you are now.

24 **Get outdoors today**.

25 For **Parents' Day**, celebrate a parental figure in your life.

26 Share, cooperate, and be kind—it's a tiny way to **create a more peaceful society**.

27 **Make small talk**—you might enjoy it more than you expect.

28 **Put your phone away** when you need to pay attention to something.

29 If you have kids, try to **surround your family with a community of loving caregivers**.

30 **Happy International Day of Friendship!** Have a meaningful conversation with a friend.

31 As the pandemic ebbs, **let's not forget the lessons we learned**.