June 2021
Happiness Calendar

This month, reconnect and savor the little things. Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

**SUNDAY**
- Find small ways to be generous today.

**MONDAY**
- Take breaks during your workday to reduce stress, if you can.

**TUESDAY**
- Try to make someone else happy today.

**WEDNESDAY**
- Feeling numb to global suffering? Read individuals’ stories to activate your compassion.

**THURSDAY**
- Get clear on your COVID-19 boundaries—and respect other people’s limitations, too.

**FRIDAY**
- When you need support from others, ask for it.

**SATURDAY**
- Time to laugh! Relive funny moments to put a smile on your face.

**SUNDAY**
- How empathic are you? Take our quiz to find out.

**MONDAY**
- In difficult conversations, try paraphrasing what you hear to build understanding.

**TUESDAY**
- Ask open-ended questions to connect more deeply.

**WEDNESDAY**
- Seek out people or groups online who don’t add meaning to your life.

**THURSDAY**
- Use “positive empathy” to take delight in other people’s joy.

**FRIDAY**
- Move your body today. It will help keep your brain sharp!

**SATURDAY**
- Find small ways to be generous today.

**SUNDAY**
- Have a Father’s Day conversation: Ask your dad these 20 questions.

**MONDAY**
- Happy spring! Take some time to really appreciate nature.

**TUESDAY**
- To stop taking something for granted, imagine your life without it.

**WEDNESDAY**
- Optimism can help you succeed. Visualize what it would be like to achieve your goals.

**THURSDAY**
- If you’re transitioning back to socializing, move slowly and be patient with yourself.

**FRIDAY**
- Gratitude can make you resilient. Write down three good things that happened today.

**SATURDAY**
- For less parenting stress, tune in mindfully to your child’s emotions (and your own).

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