

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Try to make someone else happy today.	2 Feeling numb to global suffering? Read individuals' stories to activate your compassion .	3 Get clear on your COVID-19 boundaries —and respect other people's limitations, too.	4 When you need support from others , ask for it.	5 Time to laugh! Relive funny moments to put a smile on your face.
6 Find small ways to be generous today.	7 Take breaks during your work day to reduce stress, if you can.	8 Speak up for what you believe in.	9 Ask open-ended questions to connect more deeply .	10 Unfollow people or groups online who don't add meaning to your life .	11 Use "positive empathy" to take delight in other people's joy .	12 Move your body today. It will help keep your brain sharp!
13 How empathic are you? Take our quiz to find out.	14 In difficult conversations, try paraphrasing what you hear to build understanding .	15 Reflect on your priorities in life. What brings you the most happiness?	16 Offer your ear (or your shoulder) when someone needs support.	17 When you experience something pleasant , pause and take it in with your five senses.	18 Let's keep being grateful for health care workers during the pandemic.	19 To be an ally, ask marginalized groups how you can help .
20 Have a Father's Day conversation: Ask your dad these 20 questions .	21 Happy summer! Take some time to really appreciate nature .	22 To stop taking something for granted , imagine your life without it.	23 Optimism can help you succeed . Visualize what it would be like to achieve your goals.	24 If you're transitioning back to socializing , move slowly and be patient with yourself.	25 Gratitude can make you resilient . Write down three good things that happened today.	26 For less parenting stress , tune in mindfully to your child's emotions (and your own).
27 Find values or beliefs that you share to build bridges across difference .	28 Reconnect with someone you lost touch with—or take steps to make new friends.	29 Take our new online courses for educators .	30 Strike up a brief conversation with a stranger.		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	