

# May 2021 Happiness Calendar

This month, take care of your mental and physical health.

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  
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**1 Watch an uplifting film** this weekend.

**2 Limit your consumption of the news** to reduce stress.

**3 Take time to feel and name your negative emotions.**

**4 Talk to your kids** about race.

**5 Work through your struggles** by journaling.

**6 Try meditating** during the day for a better night's sleep.

**7 Do something today to support your community.**

**8 Listen to music** from another culture.

**9 Volunteer for a cause you believe in**—it might just make you healthier.

**10 Take our Science of Happiness at Work** course.

**11 Clear your clutter** to calm your mind.

**12 Talk with young people** about current events.

**13 Go easy on yourself** if you're feeling antisocial these days.

**14 How well do you bridge differences?** Take our new quiz.

**15 Get in some exercise today.** Your brain will thank you!

**16 Go out of your way to give someone a hug.**

**17 Take one step toward a more sustainable lifestyle.**

**18 Cut down on sugar** to see if it improves your mood.

**19 Try playing a game with others.** It could strengthen your relationship!

**20 Figure out what your strengths are** and how to apply them in your daily life.

**21 Lower your unrealistic expectations** about romantic relationships.

**22 Be kind to yourself** when you're struggling.

**23 When you want to relax,** turn on a soothing song.

**24 Don't believe everything you hear online about depression.**

**25 Check in with teens** to see how they're handling the pandemic.

**26 Look at the world through the eyes of a child.**

**27 Strive to provide a sense of safety and security** for your loved ones.

**28 Remind yourself what motivates you** to do the work you do.

**29 Talk with young people** about morality and what it means to be a good person.

**30 Read these Asian American picture books** to cultivate belonging and understanding.

**31 Let's build a more compassionate society** after the pandemic.

