

May 2022

Happiness Calendar

This month, be calm, clear, and kind with others.

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 Get some extra sleep tonight —it might help you feel less stressed.	2 Give people warm greetings today.	3 Practice deep breathing when you feel yourself getting angry.	4 Share a laugh with someone.	5 Seek out activities that give you a sense of purpose .	6 Be humble at work : Ask for feedback and advice from your team.	7 Beware of getting defensive when you feel criticized.
8 Moms, you don't have to do it alone . Seek out the support and help you need.	9 Attend our Mindful Self-Compassion Core Skills Training workshop .	10 See what you can do to help refugees .	11 To show care for others, try to be calm, clear, and kind .	12 What does your ideal future look like? Take the time to visualize it.	13 How helpful, generous, and giving are you? Take our Altruism Quiz to find out.	14 Turn on your favorite sad song when you're feeling emotional.
15 Offer yourself warmth, kindness, and acceptance when you're struggling.	16 We're hiring an Operations & Events Coordinator! Apply to join our team.	17 Volunteer for a cause you care about .	18 When communicating by text , assume people have good intentions.	19 Get out of your information bubble and read news from a different source .	20 When caring for others , be sure to care for yourself, too.	21 Conquer your fears by doing small things that scare you.
22 Be affectionate .	23 Replace your self-critical voice with an inner cheerleader.	24 Step up as a leader to change the way things are done.	25 Go out of your way to support your coworkers .	26 Aim for diversity and inclusion in the media and entertainment you consume.	27 Pursue goals that give you a sense of meaning and make a difference .	28 Spend quality time with the people you care about.
29 Take care of your mental health when you're exposed to war or violence.	30 Start your Pathway to Happiness program today.	31 Let's work to improve everyone's living conditions so we can all flourish.				


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