


May 2023

Happiness Calendar

This month, find ways to address your stress.

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 Consider talking about your mental health struggles .	2 Make the first move to deepen a friendship .	3 Try to be less critical of others .	4 Delve below the surface to understand the roots of an argument .	5 Ask a loved one: "How are we doing?"	6 Look back on your day and remember funny moments .
7 Recognize the effort and value of your emotional labor .	8 Do something creative today .	9 Give someone your full attention when they talk.	10 Apply for our Bridging Differences in Higher Education Learning Fellowship .	11 Acknowledge grief in yourself and others , even if it's uncomfortable.	12 Encourage young people to see the good in their lives .	13 How stressed and anxious are you? Take our quiz to find out.
14 Have a conversation with a mom for Mother's Day.	15 Think about how you can contribute to a better world .	16 Stop avoiding your big feelings .	17 Take small, hopeful actions to combat climate anxiety.	18 Take a moment out of your day to meditate .	19 Do a random act of kindness .	20 Try to let go of things you can't control .
21 Take the time to savor life's random blessings .	22 Talk with kids about what makes a good relationship .	23 Find strength in people who have supported you .	24 In an argument, aim to understand rather than win .	25 Rest your mind by sketching or doodling for a few minutes.	26 Pause for a mindful breath when things get chaotic.	27 Spend quality time with someone you care about.
28 Let your imagination run wild .	29 Try to see your stress as a learning experience .	30 Paint, draw, dance, or listen to music today.	31 Treat yourself with care and warmth .			

GGSC Greater Good Science Center

ggsc.berkeley.edu
 greatergood.berkeley.edu