

September 2021 Happiness Calendar

This month, give support and get support.

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

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1 Set an intention to **take care of yourself**.

2 **Check in with your coworkers** to see how they're holding up.

3 **Imagine your life without a loved one**, to appreciate them more.

4 **Watch a movie** about a different culture.

5 How **emotionally intelligent** are you? Take our quiz.

6 If you want one, **ask for a hug** today.

7 Take our online courses for educators to help with **the transition back to school**.

8 **Read a book** that inspires you to **be a better person**.

9 **Listen to people** respectfully to have better dialogue.

10 **Visualize your ideal life**, and figure out what goals can help you get there.

11 **Be open to receiving help** from others.

12 **Happy Grandparents' Day!** Celebrate a grandparent in your life.

13 Make a time capsule for a **boost of joy** later.

14 Take 10 minutes today to **practice mindfulness**.

15 As the pandemic drags on, **our COVID-19 resources can help you cope**.

16 Take responsibility and try to **make amends when you've done wrong**.

17 **Ask your loved ones how you can support them**.

18 **Plan a date night** with your partner.

19 Follow the GGSC on Instagram for **well-being tips and insights**.

20 **Extend compassion** to people who might seem different from you.

21 When your mind is racing, **tune into your breath**.

22 **Send a heartfelt thank you** to someone who helped you.

23 **Don't sacrifice your mental health** in the pursuit of success.

24 What are you good at? Recognizing and using your strengths can **promote well-being**.

25 Connect with your inner child and **do something playful!**

26 **Care for the environment**—it's what happy people do!

27 Meditate on **compassion or loving-kindness**.

28 Sign up for our online course on **bridging differences**.

29 Reflect on how your **race and culture** have influenced your life.

30 **Help a friend in need**.

