

August 2019 Happiness Calendar

Find your altruistic self this month.

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

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4 **Being empathic** doesn't make you a pushover. Here's why.

5 What if we lived in a world where **work software could make us happy?**

6 Check out these five strategies to **solve political polarization.**

7 You have **more in common with your fellow Americans** than you think.

8 Americans say thanks a lot, but other cultures may **understand gratitude** more deeply.

9 Here are just a few reasons why you should consider **giving therapy a try.**

10 The things and activities that **make you the happiest** may have a big effect on your well-being.

11 Parenting can be bewildering. Here's how you can **decipher the emotions** behind your child's behaviors.

12 Learn how to have a conversation about the **four parts of gratitude with kids.**

13 Try this **gratitude exercise** with the kids in your life!

14 Check out the results from our **happiness at work** quiz to see how your own feelings fit in.

15 Experiencing **conflict at work?** This practice can help.

16 Technology is convenient, but can wear down human connection. Here's how to **build up bonds.**

17 Activist **Eric Liu** has some ideas about how to **be an engaged citizen** in America.

18 **Emotions can be catching.** Find out why and how you can regulate yours.

19 Parents: Here's how your conversations can **help teens discover purpose.**

20 Can you **unearth humor** in everyday life? Here's how author **Michael Lewis** does.

21 **Kids can learn to be generous.** Here's a fun video that shows you how to help them.

22 Teens can thrive when they make **meaningful contributions** to their peer group. Learn why.

23 Discover what we can learn about **happiness from Iceland.**

24 Find out how science can **help your love last.**

25 We need **a new way to age well.** Here are some ideas from physician **Louise Aronson.**

26 Altruism is one of our **10 keys to well-being.** Here's why you should practice it...

27 ...and here's how you can **cultivate it.**

28 Try this practice to **help giving feel good.**

29 Spending on ourselves gets old fast—but **spending on others** doesn't.

30 Here are 6 things to do to help your relationships **bring out the best in you.**

31 Want to **reach your goals?** Try this visualization practice.