

# July 2019

## Happiness Calendar

Discover our common humanity 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
	<b>1</b> Learn how to <b>become an emotional grownup.</b>	<b>2</b> All students need a <b>caring mentor</b> to succeed in school and life.	<b>3 Christine Carter</b> has <b>advice on how to get more sleep at night.</b>	<b>4 Happy Independence Day!</b> Find out how you can feel authentic pride in your country.	<b>5 Discover four ways</b> nature helps children learn in school and beyond.	<b>6</b> Learn <b>when to help coworkers</b> —and when help may not be so helpful.
<b>7</b> <b>How happy are you at work?</b> Find out with this quiz.	<b>8</b> Learn <b>what you can do tonight for a better workday tomorrow.</b>	<b>9</b> <b>Want to be more happy at work?</b> Check out our online class series.	<b>10</b> Siblings argue almost everyday. Here's how they can <b>resolve their own arguments.</b>	<b>11</b> Young kids <b>know a lot more about forgiveness</b> than we think.	<b>12 Kate McAlevey</b> worked on <b>employee gratitude</b> at Facebook. Here's what she learned.	<b>13</b> Take this quiz to discover <b>your connection to humanity.</b>
<b>14</b> Practice this writing exercise to <b>boost feelings of connection and kindness.</b>	<b>15</b> Here are five ways you can <b>find common ground in difficult conversations.</b>	<b>16</b> Discover how <b>Theresa Scott</b> found a <b>better way to talk to herself</b> in this podcast.	<b>17</b> Being a stepfather can be difficult, but it can also teach <b>important lessons about love.</b>	<b>18</b> Having a <b>happier spouse</b> might help you live longer.	<b>19</b> Researcher <b>Barbara Fredrickson</b> explains how <b>a parent's love helps kids thrive.</b>	<b>20</b> Feeling burned out at work? You can still <b>practice empathy.</b>
<b>21</b> Give someone you love <b>the gift of time.</b>	<b>22</b> Did you know that <b>awe is good for our minds, bodies, and social connections?</b>	<b>23</b> Find <b>wonder and inspiration through a simple stroll</b> with this exercise.	<b>24</b> Listen to the creator of <i>We Bare Bears</i> share how he feels <b>connected to a lost loved one.</b>	<b>25</b> Discover four ways <b>schools can foster students' development.</b>	<b>26</b> Practice this <b>self-compassion break</b> for a healthier way to deal with stressful situations.	<b>27</b> Relationships marked by <b>greater humility can help</b> new parents transition into parenthood.
<b>28</b> <b>Looking for a good book?</b> Try these 8 self-help titles.	<b>29</b> In a world full of divided opinions, it is <b>essential to choose empathy.</b>	<b>30 Happy World Friendship Day.</b> Here's why you should prioritize your friendships.	<b>31</b> Learn about what research has discovered about <b>humility in children.</b>			

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