

December 2018 Happiness Calendar

Celebrate the last month of the year with kindness and optimism!

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 You can **spark happiness** in someone else's brain with a few simple words! Here's how.

2 **Meditation isn't just good for your mind.** Here are five ways it's good for your body.

3 Is your romantic relationship defined by **honesty and trust**? Find out with our quiz.

4 Learn why relationship expert **John Gottman** thinks **trust is vital**—and how you can build it.

5 **Are your apologies lackluster?** Learn a better way to say sorry.

6 **Physical touch is important to our well being.** Find out why.

7 **Inspire your kids to be kind** by practicing kindness yourself.

8 **Boost your optimism** with a practice that helps you look on the bright side of life.

9 Has work been getting you down? Here's how to **feel more positive**.

10 It's International Day of Human Rights. Here's how to **sustain your activism**.

11 Being betrayed by a romantic partner can be devastating. **You can survive.** Here's how.

12 Check out **Christine Carter's advice for raising kind, happy kids**.

13 'Tis the season of caring. Try this practice to **overcome barriers to generosity**.

14 You can change your life through **the power of learning**. You're never too old!

15 Is your to-do list stressing you out? Try a **mindful breathing practice**.

16 **Teenagers need space.** But how much should you give them?

17 **Make generosity a family tradition.**

18 Here are some de-stress tips to **really** make this "**the most wonderful time of the year**."

19 **Are you a giver or a Grinch?** Find out with our altruism quiz.

20 **Being kind can make you happy!** Find out which kindness practice is right for you.

21 Find out why **gathering around the table** can bring so much happiness and comfort.

22 **Christine Carter** has **tips for enjoying the holidays** in this video.

23 This season, give back with **random acts of kindness**.

24 Not digging time spent with relatives? Check out these **3 strategies for coping**.

25 The GGSC wishes you a wonderful holiday! 

26 **Foster little moments of gratitude** with your kids during their winter break.

27 **Having feelings about your feelings is normal.** Learn more.

28 Thinking about **your personal strengths can make you happy**.

29 **Positive thinking** isn't always easy. Here's how to get started.

30 Science is finding that being in the water can make us **happier & healthier**. Dive in today!

31 Happy (almost) New Year! Here are **3 resolutions that can make you happy**.

