

June 2018 Happiness Calendar

Cherish your friendships and thank your partner 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

GG Greater Good
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1 Can you **train your brain to be more grateful**? Our podcast investigates.

2 What we can learn about **empathy and cooperation** from the Golden State Warriors.

3 **Are you going through rough times?** Here's how thanking your partner can help.

4 Discover the **3 components of self-compassion** in this video featuring **Kristin Neff**.

5 Mark the UN's World Environment Day by learning **how to raise an environmentalist**.

6 Find out why **Diversity is one of the GGSC's core keys to well-being**.

7 Feeling tongue-tied? Here's **how to strike up a mood-enhancing conversation** with a stranger.

8 Learn why **friendships are important** as we age.

9 The GGSC's science director talks to public radio about **the pursuit of happiness**.

10 **Tap into your most positive traits** to enjoy greater happiness!

11 **Sometimes people are just mean**. Here's how to cope.

12 Are you a teacher? Here are some **great ways to recharge** this summer!

13 Even the end of our lives can be positive. Here are **7 keys to a good death**.

14 For parents: how to raise **kids who are more tolerant than you**.

15 Mindfulness master **Jon Kabat-Zinn discusses mindfulness and compassion** in this video.

16 Find out why **racism is bad for everyone's health**.

17 Get close to Dad this Father's Day by **asking these 20 questions**.

18 Take this quiz to **find out how strong your social connections are**—online and off.

19 Feeling disconnected? Check out this exercise to **boost feelings of human attachment**.

20 Today is World Refugee Day. Here's how to foster **empathy for immigrants** in your community.

21 Five ways to **help the teens in your life** feel good about themselves.

22 How one GGSC editor learned to **value human connection**.

23 Getting enough shut eye may be the **secret to your success**.

24 **Put down your phone!** Here are 5 reasons to take a tech break today.

25 Everything feels better after **a good laugh**.

26 Do you work from home? Here's how to **stay emotionally connected to work**.

27 **Dacher Keltner** on why **awe is such an important emotion**.

28 Try these practical tips to **stop sabotaging yourself** in life, work, and love.

29 **When your self-image takes a hit**, it helps to focus on what matters most to you.

30 Follow these **6 steps to find more compassion**.