

May 2018 Happiness Calendar

Get connected, find compassion, and make work more fun 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
		1 Celebrate May Day by taking the time to reconnect with nature.	2 Thank someone today! It'll be good for you both.	3 Follow these 6 steps to be more compassionate .	4 Prep yourself for life's challenges by learning how to hardwire resilience into your brain .	5 Gratitude is a good thing! Here's why you should practice it.
6 Nice guys can come out ahead! Here's why it doesn't pay to be ruthless.	7 Are you parenting a boy? Help him connect with all his emotions.	8 It's National Teacher Appreciation Day. Let's shower our educators with love!	9 Find self-compassion by treating yourself as you would a friend.	10 Feeling socially anxious? Here are some tips to help you relax and be yourself.	11 Are you too hard on yourself? Follow this link to learn how to quiet your inner critic .	12 Make everyday moments extraordinary with some advice from the experts.
13 It's Mother's Day. Be sure to show your favorite mom some gratitude today!	14 Discover what makes you happiest with this practice that helps you hang on to the positive.	15 Celebrate International Day of Families by learning how to build a happy one.	16 How empathic are you? Take this quiz to find out.	17 Did you score low on our empathy quiz? Here are six ways to become more empathic.	18 What makes a hero? Here's what students of our online happiness class have to say.	19 Social connection is a key to well-being. Learn how to cultivate more of it.
20 Don't let your smartphone ruin your relationships!	21 Find out if your relationship is based on trust and honesty with this Greater Good quiz.	22 Need to grow the trust in your relationship? This video can help!	23 Banish stress by flexing your writing muscles.	24 Work got you down? Here's how to bring back excitement into the workplace.	25 For parents and caregivers: how to encourage kids to be more kind .	26 Check out these 3 keys to happiness at work .
27 Are you a new parent? Be sure to sing to your baby: Music is critical to emotional development.	28 Happy Memorial Day! Here are some tips on having a productive summer.	29 Let go of unhealthy grudges by discovering the nine steps to forgiveness.	30 Listen to this podcast episode to find out how to see the humor in the everyday .	31 Build your happiness at the movies with these 10 films that highlight the best in humanity .		