

# January 2019

## Happiness Calendar

Start 2019 with resolution and resilience!

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> Happy New Year! Tune in to our podcast to <b>find inspiration this year!</b>	<b>2</b> Make <b>self-compassion</b> one of your resolutions this year.	<b>3</b> Learn about the <b>transformative power</b> of self-compassion in this <b>Kristin Neff</b> interview.	<b>4</b> Here's why <b>challenging yourself</b> this year is a good thing.	<b>5</b> It's easy to make <b>New Year resolutions</b> . Here's how to keep them.
<b>6</b> <b>The Science of Happiness at Work</b> 3-course series launches today! Learn how to make work better.	<b>7</b> Is reading on your list of resolutions? Get started with our list of <b>favorite books from 2018</b> .	<b>8</b> Look back over our Top Insights of 2018 for <b>inspiration and self-knowledge</b> .	<b>9</b> Looking to <b>strengthen your romantic relationship</b> ? Focus on your partner's strengths.	<b>10</b> Try <b>expressive writing</b> as a simple, effective way to work through an emotional challenge.	<b>11</b> Want to be happy? <b>Make your relationships exceptional</b> .	<b>12</b> Trying to <b>eat healthier</b> this year? Gratitude may help.
<b>13</b> Care, not tough love, is the way to <b>boost resilience</b> in those closest to you.	<b>14</b> <b>Got kids?</b> Here are 5 ways to help them manage frustration.	<b>15</b> <b>Sometimes people are mean</b> . Here's how to cope.	<b>16</b> Check out how international mega-star <b>Daniel Wu finds calm in the chaos</b> .	<b>17</b> Here's a better way to <b>resolve conflict at work</b> .	<b>18</b> <b>Feeling the love?</b> Here's where it lives in your body.	<b>19</b> With just a few simple words you have the power to <b>spark happiness</b> in someone else's brain.
<b>20</b> Want to feel happier, quick? <b>Play with some friends</b> .	<b>21</b> <b>Don't quit your resolutions now!</b> Some timely advice from <b>Christine Carter</b> .	<b>22</b> Did you know <b>diversity is one of our Keys to Well-Being</b> ? Find out why.	<b>23</b> <b>Does your organization foster compassion or callousness?</b> Find out with this quiz.	<b>24</b> <b>Build your own compassion</b> with this meditation. You may inspire others.	<b>25</b> Find <b>more balance at work</b> with a dose of mindfulness.	<b>26</b> Listen to this podcast with <b>Dacher Keltner</b> about <b>awe: one of humanity's most powerful emotions</b> .
<b>27</b> Find out how researcher <b>Lanie Shiota</b> says <b>awe can transform the body and mind</b> .	<b>28</b> Want to <b>take a deep dive into awe?</b> Read our white paper!	<b>29</b> Here's how <b>seeing the good in people</b> can bridge our differences.	<b>30</b> Find out why <b>Jon Kabat-Zinn</b> says mindfulness is really about <b>presence of the heart</b> .	<b>31</b> Keep trying for those positive emotions! They can <b>open our minds</b> .		

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