

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

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