

June 2019 Happiness Calendar

Find meaning and compassion 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
SC Science Center

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1 Learn how childhood experiences can lead to a **more purposeful life**.

2 It's fascinating how **cultural differences shape our happiness**.

3 **Thinking about the future** can give your life more meaning.

4 **Over-praising kids** can make them anxious. Here's a better way to develop their confidence.

5 **Discover 4 lessons** gratitude scientist **Robert Emmons** has learned from his research.

6 **How compassionate is your love?** Find out with this quiz.

7 Want to **bump up the compassion you feel for your partner?** Practice taking their perspective.

8 You can find happiness lessons everywhere, even on **Game of Thrones!**

9 Contact between divided groups can **bridge divides**. Here's how.

10 **Parenting a child with special needs** can be hard. Here's how to build resilience.

11 **Helping others is good for everyone**, even those at risk.

12 **Kids need love to grow and thrive**. Here are 5 ways to talk with them so they feel loved.

13 **Technology isn't always bad for us**. It can even be good if it strengthens our relationships.

14 Feeling a little out of sorts? Here are 7 ways to **feel more in control of your life**.

15 Seeing a **kind act may inspire you** to be kind.

16 **Happy Father's Day**. Here are 20 great questions to ask Dad.

17 If you want to **make positive change in the world**, you need compassion.

18 **Is there too much stress in your life?** Find out with our quiz.

19 **Was your stress quiz score high?** Our expressive writing practice can help.

20 Self-compassion is another great tool to **combat stress**.

21 **Christine Carter** has **advice for parents with stressed out teens**.

22 Can you **train your brain to be more grateful?** Our podcast says yes.

23 **Anyone can find gratitude**. Start with changing your habits.

24 Being social can help you **keep healthy!**

25 **Jump start your relationship** with this new *Greater Good in Action* practice.

26 Did you know that **meditation can change your brain?** Click through to learn more.

27 **Are you a caregiver?** Here's how you can cultivate the positive.

28 Keep up your friendships! **Feeling socially connected makes us kind**.

29 **Learn how to motivate your kids** to practice hard things.

30 Did you mess up at work? Here's **how to make an apology that sticks**.

