

# June 2020

## Happiness Calendar

This month, find connection and hope.

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> As the world opens back up, here are five lessons to remember <b>after lockdown ends.</b>	<b>2</b> Young people are <b>missing graduations</b> and other important milestones. Here's how to help them cope.	<b>3 Loneliness hurts</b> us all. Here's what we can do about it.	<b>4</b> Cultivate mindfulness, reduce stress, and <b>enjoy everyday pleasures</b> with a raisin meditation.	<b>5</b> Try these 36 questions for <b>finding connection</b> when you're apart.	<b>6</b> How to help <b>protect your kids' mental health</b> from the coronavirus.
<b>7</b> Even <b>babies are born altruistic.</b>	<b>8</b> Maybe we should <b>pursue contentment</b> rather than happiness.	<b>9</b> Help your child be <b>more honest</b> with this practice.	<b>10</b> Here's how you can <b>regulate your emotions</b> without suppressing them.	<b>11</b> A little mindfulness can help protect your body from <b>social media stress.</b>	<b>12</b> Here's how to <b>be a remarkable boss</b> during a crisis.	<b>13 How connected do you feel</b> to humanity? Take this quiz to find out.
<b>14</b> Researcher <b>Judy Moskowitz</b> shares how we can have <b>positive emotions</b> even during a crisis.	<b>15</b> Use this practice to gain some <b>perspective on negative events.</b>	<b>16</b> Check out this article to discover <b>what type of meditation is best for your needs.</b>	<b>17</b> Here are some ways you can <b>cultivate diversity</b> in your life.	<b>18</b> Here are five ways the COVID-19 crisis can push schools in a <b>positive direction.</b>	<b>19</b> This sweet video teaches you how to <b>help your kids feel loved.</b>	<b>20 Keep up the exercise</b> to reduce your stress levels.
<b>21 Happy Father's Day!</b> Check out these 20 questions to ask your dad today.	<b>22</b> Science fiction gets a bad rap. But it can <b>build resilience in kids.</b>	<b>23</b> Read how one millennial found <b>purpose and connection</b> , even during a pandemic.	<b>24</b> Check out how our podcast guest <b>calmed her inner critic.</b>	<b>25</b> How to seek <b>happiness in a pandemic.</b>	<b>26</b> Today is Forgiveness Day. Practice it with these <b>nine steps to forgiving.</b>	<b>27</b> More research shows that <b>gratitude helps us work together</b> rather than against each other.
<b>28 Stop beating yourself up</b> for perceived flaws by sending yourself a self-compassionate letter.	<b>29 Christine Carter</b> can help you teach your kid how to practice <b>loving-kindness meditation.</b>	<b>30</b> Here's how Buddhist <b>James Baraz finds more joy.</b>				

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