

March 2020

Happiness Calendar

This month, be silly and find some common ground.

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 How to find common ground with almost anyone.	2 Active listening takes work . Here's how our podcast guest made it work for him.	3 Suppressing negative emotions makes you feel worse, not better. Here's a better way.	4 The power of an act of kindness lives beyond one moment.	5 Want to change your life? Try self-compassion.	6 The coronavirus is scary . But does it make us more prejudiced?	7 Love the movies? Here are 12 that'll boost your faith in humanity .
8 Join GGSC for a week of the science and practice of a meaningful life at Big Sur's famed Esalen Institute.	9 How to say sorry and make it stick.	10 Cosleeping with a baby is controversial, but it may offer some benefits.	11 A grateful partner can help heal the wounds of an insecure attachment style.	12 You can get happier by seeing the humor in life .	13 You'll need to change your parenting during your kids' teen years. Here are 3 tips.	14 Why do you make art? Here's how 7 artists answered the same question.
15 Take a hike —it's good for you.	16 Podcast: A Parkland shooting survivor talks about how his mom is his rock.	17 Happy St. Patrick's Day! Turns out luck is a real thing.	18 Check out this practice to help kids be honest .	19 Happy Spring Equinox! Here's how nature makes you kinder, happier & more creative.	20 Here's some advice on how to praise kids in ways that help them be more kind.	21 Got the midlife blues? Here are some tips to help you cope.
22 Discover the activities that bring you the most happiness .	23 Are you an educator? Check out our new, free Greater Good in Education resource.	24 Being silly can strengthen your romantic relationship.	25 How much of your happiness is under your control?	26 America is very divided these days. Maybe we'd benefit from couples therapy .	27 Expressive writing is a simple way to work through an emotional challenge.	28 Are you parenting a teen boy? Here's some insight into what may be on his mind.
29 Neuroscience can help us age better . Here's how.	30 Here's a happiness exercise straight from <i>It's a Wonderful Life</i> .	31 It's Cesar Chavez Day . How can activism make <i>your</i> life better?				


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