

May 2019

Happiness Calendar

Drop old grudges and fight prejudice 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

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1 Find more joy in your favorite activity—by giving it up!

2 Here's what to do when you **feel like a failure.**

3 Generosity never grows old. Here's why!

4 Are you still mad at someone who hurt you in the past? Learn how to let it go.

5 Celebrate **World Laughter Day** by sharing a few guffaws.

6 Seeking social status won't make you happy. Being generous might.

7 Go hug a tree. It's good for your mental & social well-being!

8 Transform your day with some **random acts of kindness.**

9 Governments should care more about happiness. Here's why.

10 Feel like your life is out of control? Here are **7 ways to take control.**

11 Being in the Sandwich Generation is hard. Here are some tips for coping.

12 The best Mother's Day gift? Tips on how to be a happier Mom!

13 Forgiveness can be truly empowering. Here's how one writer learned to heal.

14 Check out these tips to **prevent your smartphone from hurting your health.**

15 It's the **International Day of Families!** Here's how to build a strong one.

16 Prejudice hurts everyone. Here's how we can fight bias against Muslims.

17 Counting your blessings can have a profound impact on your happiness.

18 Try this awe narrative practice to expand your view of the world.

19 Politics got you down? Talk to someone who sees things differently without losing your cool.

20 Could your life be more awesome? Take this quiz to find out.

21 Our brains encourage bias but we can fight it. Here's how.

22 We all have negative experiences. This practice helps you **gain perspective.**

23 Here's how one of our podcast guests finds **joy in the little things.**

24 What are you grateful for? Here are some celebrity gratitude lists to get you started on yours.

25 Kids can resist forgiveness. Here's how to gradually introduce them to the idea.

26 This practice helps you **face your fears head on.**

27 Great things happen when young and old connect.

28 Nature is great for your mental health. Here's why.

29 Are you an educator? Here are **four ways your school can support the whole child.**

30 Check out why **diverse teams produce better results.**

31 Summer's coming. It's time to revisit our **summer reading picks.**

