

March 2021

Happiness Calendar

This month, be kind to yourself and others.

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 Give a compliment to someone for World Compliment Day.	2 Being hard on yourself? Think about how you would treat a friend in your situation.	3 Turn on some music for a mood boost.	4 After a tumultuous year in politics , take time to process what you've been through.	5 Sign up for our new online courses for educators .	6 Make a plan in case someone in your household gets COVID-19.
7 If you're in a relationship, schedule some time for cuddling .	8 Stand up for women on International Women's Day .	9 How altruistic are you? Take our quiz to find out.	10 Spend time outdoors for greater peace of mind .	11 Reach out to an older person who might be lonely during lockdown.	12 When you want to complain, look for something to appreciate instead.	13 Make sure your goals are aligned with what's important to you.
14 Try a walking meditation .	15 Watch a TV show about people who are different from you .	16 Share your troubles with a friend.	17 Think about the ways you've been lucky in life .	18 Do a kind deed for someone.	19 Get some exercise to help you cope with dark moods .	20 Plan to do something pleasant today.
21 Be mindful of suffering ; try not to resist or deny your pain.	22 Offer help to a coworker when they need it.	23 How strong is your sense of purpose ? Take our new quiz.	24 Look for things you have in common with people who are different from you .	25 Notice experiences of awe , wonder, and beauty in everyday life.	26 Reflect on your hopes for the world post-COVID-19.	27 Give yourself care and compassion , because you deserve it.
28 Want to join the GGSC? Apply to be our director of marketing and partnerships.	29 Help a young person discover their kindness and goodness .	30 Remember that social change work takes time and perseverance.	31 Put up a visual reminder of your connections or community .		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	