

# June 2021

## Happiness Calendar

This month, reconnect and savor the little things.

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 Try to <b>make someone else happy</b> today.	2 Feeling numb to global suffering? Read individuals' stories to <b>activate your compassion</b> .	3 Get clear on your <b>COVID-19 boundaries</b> —and respect other people's limitations, too.	4 When you need <b>support from others</b> , ask for it.	5 <b>Time to laugh!</b> Relive funny moments to put a smile on your face.
6 Find small ways to <b>be generous</b> today.	7 <b>Take breaks during your work day</b> to reduce stress, if you can.	8 <b>Speak up</b> for what you believe in.	9 Ask open-ended questions to <b>connect more deeply</b> .	10 Unfollow people or groups online who don't add <b>meaning to your life</b> .	11 Use "positive empathy" to take <b>delight in other people's joy</b> .	12 Move your body today. It will help <b>keep your brain sharp!</b>
13 <b>How empathic are you?</b> Take our quiz to find out.	14 In difficult conversations, try paraphrasing what you hear to <b>build understanding</b> .	15 Reflect on your priorities in life. <b>What brings you the most happiness?</b>	16 <b>Offer your ear (or your shoulder)</b> when someone needs support.	17 When you <b>experience something pleasant</b> , pause and take it in with your five senses.	18 Let's <b>keep being grateful</b> for health care workers during the pandemic.	19 To be an ally, <b>ask marginalized groups how you can help</b> .
20 Have a Father's Day conversation: <b>Ask your dad these 20 questions</b> .	21 Happy spring! Take some time to really <b>appreciate nature</b> .	22 To <b>stop taking something for granted</b> , imagine your life without it.	23 Optimism can <b>help you succeed</b> . Visualize what it would be like to achieve your goals.	24 If you're <b>transitioning back to socializing</b> , move slowly and be patient with yourself.	25 <b>Gratitude can make you resilient</b> . Write down three good things that happened today.	26 For <b>less parenting stress</b> , tune in mindfully to your child's emotions (and your own).
27 Find values or beliefs that you share to <b>build bridges across difference</b> .	28 <b>Reconnect with someone</b> you lost touch with—or take steps to make new friends.	29 Take our new <b>online courses for educators</b> .	30 <b>Strike up a brief conversation</b> with a stranger.		 <b>Greater Good Science Center</b> <a href="http://ggsc.berkeley.edu">ggsc.berkeley.edu</a> <a href="http://greatergood.berkeley.edu">greatergood.berkeley.edu</a>	