

June 2022

Happiness Calendar

This month, talk about the hard stuff.

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 Embrace your bittersweet feelings of sorrow and longing.	2 Support a local business!	3 To sleep better, write down your worries before bed.	4 Write a forgiveness letter when you're ready, even if you don't send it.
5 If you want to grow, aim to get outside your comfort zone.	6 Ask for help at work when you need it.	7 Identify one of your strengths and try to use it this week.	8 When you're having a debate with someone, acknowledge things you agree on.	9 Find mental health resources in your community.	10 Share your feelings about what's going on in the world.	11 Don't put pressure on yourself to be happy all the time.
12 Journal about a time you felt awe and wonder.	13 How compassionate is your workplace? Take our quiz to find out.	14 Take photos of things that are meaningful to you.	15 Ask your mother these 20 questions about her life.	16 When your beliefs are challenged, ask yourself: Could I be wrong?	17 Figure out a gesture you can use to soothe yourself, like a hand over the heart.	18 Reflect on your purpose as a father.
19 This Juneteenth, discover tools for support, understanding, and solidarity.	20 Take a break in your day for self-care.	21 Find your own support group who can help you during tough times.	22 Journal about three good things that happened today.	23 Hide the image of yourself on video calls so you're less distracted.	24 Channel your climate anxiety into positive action for the environment.	25 Go beyond sensationalist headlines and learn more about current events.
26 If you're comfortable, share your mental health struggles with others.	27 To reduce bias, expose yourself to stories from diverse communities.	28 Let's fight to get parents all the support that they need.	29 Enroll in the Greater Good Training for Health Professionals.	30 Schedule an activity today that makes you happy.		

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