

# May 2023

## Happiness Calendar

This month, find ways to address your stress.

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
	<b>1</b> Consider <b>talking about your mental health struggles</b> .	<b>2</b> Make the first move to <b>deepen a friendship</b> .	<b>3</b> Try to <b>be less critical of others</b> .	<b>4</b> Delve below the surface to <b>understand the roots of an argument</b> .	<b>5</b> Ask a loved one: <b>"How are we doing?"</b>	<b>6</b> Look back on your day and <b>remember funny moments</b> .
<b>7</b> Recognize <b>the effort and value of your emotional labor</b> .	<b>8</b> <b>Do something creative today</b> .	<b>9</b> <b>Give someone your full attention</b> when they talk.	<b>10</b> Apply for our <b>Bridging Differences in Higher Education Learning Fellowship</b> .	<b>11</b> <b>Acknowledge grief in yourself and others</b> , even if it's uncomfortable.	<b>12</b> Encourage young people to <b>see the good in their lives</b> .	<b>13</b> <b>How stressed and anxious are you?</b> Take our quiz to find out.
<b>14</b> <b>Have a conversation with a mom</b> for Mother's Day.	<b>15</b> Think about how you can <b>contribute to a better world</b> .	<b>16</b> <b>Stop avoiding your big feelings</b> .	<b>17</b> <b>Take small, hopeful actions</b> to combat climate anxiety.	<b>18</b> <b>Take a moment out of your day to meditate</b> .	<b>19</b> Do a <b>random act of kindness</b> .	<b>20</b> Try to <b>let go of things you can't control</b> .
<b>21</b> Take the time to <b>savor life's random blessings</b> .	<b>22</b> Talk with kids about <b>what makes a good relationship</b> .	<b>23</b> <b>Find strength in people who have supported you</b> .	<b>24</b> In an argument, <b>aim to understand rather than win</b> .	<b>25</b> <b>Rest your mind</b> by sketching or doodling for a few minutes.	<b>26</b> <b>Pause for a mindful breath</b> when things get chaotic.	<b>27</b> <b>Spend quality time</b> with someone you care about.
<b>28</b> <b>Let your imagination run wild</b> .	<b>29</b> Try to <b>see your stress as a learning experience</b> .	<b>30</b> <b>Paint, draw, dance, or listen to music</b> today.	<b>31</b> Treat yourself with <b>care and warmth</b> .			

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