

December 2020 Happiness Calendar

This month, practice generosity and connect with your loved ones.

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 Happy Giving Tuesday! Here's how to choose the most meaningful ways to give.	2 If there's tension in one of your relationships , take steps to repair it.	3 After an intense election, find a way to help your community heal .	4 Overcome your reluctance to ask for help at work .	5 Instead of texting, call a friend today .
6 Keep an eye out for kindness in your community —or create some yourself!	7 Remember how valuable your time is when making decisions.	8 Help young people make sense of a divisive election .	9 How strong are your social connections, online and off? Take our Social Capital quiz.	10 Commit to practicing empathy even when it's hard.	11 Try a breathing practice to calm your anxiety .	12 Say thank you to a grandparent today!
13 Help your kids learn to love giving .	14 Practice mindfulness during a difficult political conversation.	15 Consider a donation to the GGSC . All gifts will be matched through the end of the year!	16 Make your holidays special , even during the pandemic.	17 Try letting go of anger through compassion.	18 Struggling these days? Understand how your brain reacts to uncertainty.	19 If you want to persuade someone, be wary of using polarizing language .
20 Be a moral rebel and stand up for what you believe in .	21 Hold on to connection and gratitude during the pandemic holidays .	22 Reflect on your family's communication style before having a hard conversation.	23 Spread goodwill and kindness this holiday season.	24 The end of the year can be stressful . Try these practices to help you cope.	25 Practice mindful eating over the holidays.	26 Create a time capsule of your life right now.
27 Join Kristin Neff and Chris Germer for a workshop on mindful self-compassion .	28 Imagine what your ideal relationships would look like in the future.	29 Make a list of New Year's resolutions .	30 Take our Science of Happiness course for a happier 2021.	31 Reflect on the story you're telling yourself about your life this year.	 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	