

# September 2021 Happiness Calendar

This month, give support and get support.

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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



**1** Set an intention to **take care of yourself**.

**2** **Check in with your coworkers** to see how they're holding up.

**3** **Imagine your life without a loved one**, to appreciate them more.

**4** **Watch a movie** about a different culture.

**5** How **emotionally intelligent** are you? Take our quiz.

**6** If you want one, **ask for a hug** today.

**7** Take our online courses for educators to help with **the transition back to school**.

**8** **Read a book** that inspires you to **be a better person**.

**9** **Listen to people** respectfully to have better dialogue.

**10** **Visualize your ideal life**, and figure out what goals can help you get there.

**11** **Be open to receiving help** from others.

**12** **Happy Grandparents' Day!** Celebrate a grandparent in your life.

**13** Make a time capsule for a **boost of joy** later.

**14** Take 10 minutes today to **practice mindfulness**.

**15** As the pandemic drags on, **our COVID-19 resources can help you cope**.

**16** Take responsibility and try to **make amends when you've done wrong**.

**17** **Ask your loved ones how you can support them**.

**18** **Plan a date night** with your partner.

**19** Follow the GGSC on Instagram for **well-being tips and insights**.

**20** **Extend compassion** to people who might seem different from you.

**21** When your mind is racing, **tune into your breath**.

**22** **Send a heartfelt thank you** to someone who helped you.

**23** **Don't sacrifice your mental health** in the pursuit of success.

**24** What are you good at? Recognizing and using your strengths can **promote well-being**.

**25** Connect with your inner child and **do something playful!**

**26** **Care for the environment**—it's what happy people do!

**27** Meditate on **compassion or loving-kindness**.

**28** Sign up for our online course on **bridging differences**.

**29** Reflect on how your **race and culture** have influenced your life.

**30** **Help a friend in need**.

