

# May 2020 Happiness Calendar

This month, protect your relationships and build optimism.

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  
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**1** Our [coronavirus resource page](#) may be helpful these days.

**2** Here's how to [help your kids](#) focus on the good.

**3** This pandemic has upended many of our [social rituals](#). Here are some ways to cope.

**4** Build some optimism with a [gratitude journal](#).

**5** Here's how to help young people who are [missing graduations](#) and other rites of passage.

**6** Taking photos can help you [find meaning in life](#).

**7** You can find [awe and beauty](#) indoors, too.

**8** [Mindfulness](#) is a great practice to develop. Here's why.

**9** [Believing you're lucky](#) might make you more happy.

**10** Listen to this podcast to find out how one doctor keeps himself [calm and centered](#).

**11** Check out these three tips from a therapist for calming your [coronavirus anxiety](#).

**12** Try this practice to find [silver linings](#).

**13** Kids need [love and compassion](#)—not the pressure to succeed no matter what.

**14** Join us tomorrow for [Bridging Differences](#), a virtual summit for dialogue and understanding.

**15** Here's some advice on protecting your [well-being at work](#) during a crisis.

**16** In a short video, GGSC founder [Dacher Keltner](#) shares some tips on [practicing gratitude](#).

**17** Try giving people the [benefit of the doubt](#). It might make you happier.

**18** Your conversations can help the teen in your life [find purpose](#).

**19** Take this quiz to find out if you take the [good things in your life](#) for granted.

**20** [Low on gratitude](#)? Here's how you can grow more.

**21** Check out gratitude researcher [Robert Emmons'](#) list of 10 ways to [become more grateful](#).

**22** Are you a manager? [Boost your team's well-being](#) by taking our online class series.

**23** Here's how our online course helped one woman [deal with negative emotions](#).

**24** Does [home-schooling](#) have you down? Here are tips from a school psychologist.

**25** Here's how to help your [marriage survive quarantine](#).

**26** Having [trouble sleeping](#)? Here's how to protect your sleep from coronavirus anxiety.

**27** Research suggests some ways to find a [sense of control](#) when you're feeling helpless.

**28** Here's how to think about conflict differently to [improve your relationship](#).

**29** Be [kinder to yourself](#).

**30** Find connections across differences with this [identify-ing common goals](#) practice.

**31** Let's end the month on a high note: [Compassion](#).

"My [pandemic photo diary](#) started as a way to express myself through images, since I failed to find the words to express my disbelief about what was happening around me..."  
"...what I'm learning is to shift my perspective, pause and [look at my surroundings with open eyes, an open mind, and an open heart](#)."

— Auey Santos, Oakland, CA photographer from *Find Awe and Beauty Indoors*

