



March 2025

Happiness Calendar

This month, guard against stress and overwhelm.

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
 Greater Good Science Center <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>						1 Take a breath if your mind is playing out worst-case scenarios .
2 Be kind to someone in your community.	3 Enjoy a simple pleasure.	4 Check on a coworker.	5 Spend time in a space where you feel calm.	6 Put your phone away when you're around other people.	7 Reflect on your cultural identity.	8 Observe the beauty of nature.
9 Recognize what you can't control.	10 Meditate on your connection to other people and the world.	11 Write a kind letter to yourself.	12 Strive to be a good person.	13 Notice when you're feeling overloaded or overwhelmed.	14 Express appreciation for a loved one.	15 Journal about what's bothering you.
16 Have conversations about grief and loss.	17 Take time away from the news.	18 Give someone a genuine compliment.	19 Put your strengths to use.	20 Listen with an open heart.	21 Identify what emotions feel like in your body.	22 Get support from a trusted friend.
23 Remember a time you felt awe and wonder.	24 Question your assumptions about other groups.	25 Do a little exercise or movement.	26 Ask someone a deeper question.	27 Wish for other people's happiness.	28 How stressed and anxious are you? Take our quiz to find out.	29 Strive to be fair.
30 Take up a new hobby.	31 Make the world a little better around you.	