

April 2026

Happiness Calendar

This month, care for yourself in tough times.

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
			<p>1 Watch an uplifting movie.</p>	<p>2 Look for the beauty in people.</p>	<p>3 Let go of little annoyances.</p>	<p>4 Recognize areas where you can grow.</p>
<p>5 Notice when you start to feel burned out.</p>	<p>6 Pause to show yourself some warmth and care.</p>	<p>7 Express your love.</p>	<p>8 Find your courage.</p>	<p>9 Take our Bridging Differences course online.</p>	<p>10 Find things that give you comfort.</p>	<p>11 See the best in others—when it makes sense.</p>
<p>12 Engage with music.</p>	<p>13 Channel your anger into positive action.</p>	<p>14 Take time to process when something bad happens.</p>	<p>15 Embrace a range of ideas and perspectives.</p>	<p>16 Practice curiosity about others.</p>	<p>17 Be trustworthy.</p>	<p>18 Look for things you have in common with others.</p>
<p>19 Spend time with kids.</p>	<p>20 Do a body scan when you feel overwhelmed.</p>	<p>21 Consider forgiveness.</p>	<p>22 Walk meditatively.</p>	<p>23 Find spaces for respectful dialogue.</p>	<p>24 Give yourself the same grace as you'd give a friend.</p>	<p>25 Be present when talking with others.</p>
<p>26 Hum for a little relaxation.</p>	<p>27 How compassionate is your organization? Take our quiz.</p>	<p>28 Pause before reacting to a strong emotion.</p>	<p>29 Write a gratitude letter to someone you didn't properly thank.</p>	<p>30 Identify what you want.</p>	 <p>Greater Good Science Center</p> <p>ggsc.berkeley.edu greatergood.berkeley.edu</p>	