

May 2024

Happiness Calendar

This month, slow down and simplify.

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

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1 Practice patience.

2 Be a good listener.

3 Remove one thing from your schedule today.

4 Ask for advice from someone you trust.

5 Take a mindful walk.

6 Be wary of burnout at work.

7 Give up TV for a week.

8 See people who seem different from you as **unique human beings**.

9 Reach out to a loved one.

10 Give yourself credit for getting things done.

11 Reflect on your own biases.

12 Celebrate Mother's Day.

13 Be accepting of your own anger.

14 Spend more time on work tasks that energize you (if possible).

15 Check out our Election 2024: Campaign for Connection!

16 Do something nice for a family member.

17 Reduce your screen time.

18 Take delight in other people's joy.

19 Sleep in.

20 Get support from people who understand you.

21 Play calming music for yourself.

22 Tell a friend what they mean to you.

23 Eat slowly and mindfully.

24 Welcome disagreement.

25 Appreciate the beauty of nature.

26 Sign up for volunteer work.

27 Say hello to your neighbors.

28 Don't let prejudice get in the way of love.

29 How compassionate is your workplace? Take our quiz to find out.

30 Take some quiet time for yourself.

31 Remember, there is hope.

