

April 2020 Happiness Calendar

This month, find resilience and reduce anxiety.

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 Find the latest on **maintaining well-being during coronavirus** on our special resource page.

2 Here are three ways school closures can help you **strengthen your family.**

3 Feeling overwhelmed by the world's problems? Here's how to **avoid feeling defeated.**

4 Check out this practice on **gaining perspective** on negative events. You may find it lessens your anxiety.

5 Are you **sheltering in place**? Here are six questions to ask yourself each day.

6 In the midst of our panic around COVID-19, we can **look to each other** to get through it.

7 Teachers and parents may be **feeling especially fragile.** Here are some tools for staying centered.

8 Here's some valuable advice on **keeping kids busy** so you can get stuff done.

9 Having a hard time **calming your nerves**? Here's how one podcast guest used walking to calm herself down.

10 Even in self-isolation, solo walks in nature may still be on the table. Here are five ways **hiking is good for you.**

11 Take care of yourself. Your **emotional well-being** can also help those around you.

12 It's hard for young people to be **stuck at home.** Here's how to help them see the bigger picture.

13 Knowing more facts about COVID-19 can help us **fight prejudice.**

14 Another resource for parents with **kids home from closed schools:** Playwork's live-stream recess!

15 Check out these tips for **staying sane** in a world that isn't.

16 **Mindful breathing** can be very helpful for anxious times.

17 Click through for five science-backed ways to **build resilience.**

18 A **huge thanks** to you if you are a healthcare worker. Here are some ways to protect your own well-being.

19 Checking in with your physical body can **bring a sense of calm.**

20 Social support makes you **more resilient**—seek it out online or on the phone if you're sheltering in place.

21 A body scan **meditation can help** ease tension.

22 There are so many reports of **human goodness** during the coronavirus pandemic. Here are eight of them.

23 **Rick Hanson** suggests working on these **12 inner strengths** to grow resilience.

24 Make time in your new schedule for these **core human needs.**

25 Now may be the time to try our online course, offering skills to **boost resilience and** well-being in your life.

26 Some people are more anxious than others. Find out how to **support loved ones** who are struggling.

27 A quick trick involving veggies can **hack your brain's prejudice.**

28 Can you find **common ground** with everyone, rather than excluding certain people from your circle?

29 Try this subtle way to **induce kindness,** particularly in kids.

30 A **compassion meditation** can help you strengthen feelings of concern for the suffering of others.

