

# 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

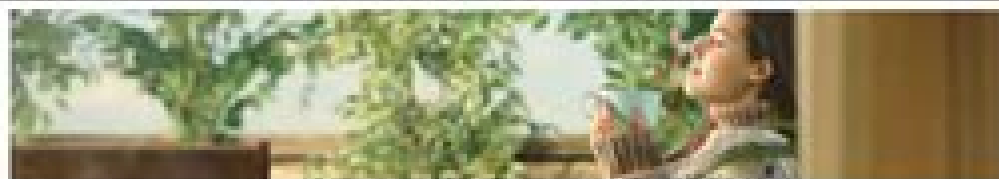
THURSDAY

FRIDAY

SATURDAY

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



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.

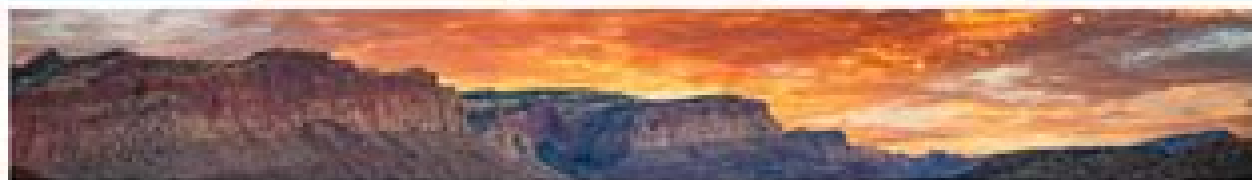
27 Wish for other people's happiness.

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.



# It Happens In The Month Of March

**JG Myers**



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