

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

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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.

