

From: [NDSU SAEM Global](#) on behalf of [Oster-Aaland, Laura](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things - January 2023 Update
Date: Thursday, February 1, 2024 8:38:28 AM
Attachments: [image001.png](#)

Hi everyone,

I always think of calendars as January rolls around. It feels like a blank slate ready to get filled in. Below is the [Happiness Calendar](#) from February 2024 from Greater Good Magazine. Take time to give and receive gratitude. It's good for our well-being!

February 2024
Happiness Calendar

This month, communicate mindfully.
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>Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu</p>						
						
						
						

Please take a moment to [submit](#) a recognition of one of your colleagues – either within or outside of your department. I'm grateful for your participation in this project!

- Here are those that were recognized in January:
- AJ Klein in Enrollment Management Administrative Systems
 - Shar Kurtz in Information Technology Services
 - Lisa Richter and Jeanne Frenzel both in Pharmacy
 - Cindy Breyer in Human Resources

Laura

Laura Oster-Aaland, PhD

Vice Provost for Student Affairs and Institutional Equity
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#gratitude

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