

AUGUST 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1

Loneliness Awareness Week



2

10 books about loneliness and connection



3

Loneliness journal prompts



4

Loneliness Statistics Worldwide 2026



5

How to fight loneliness



6

Why Humans Feel So Lonely



7

All the lonely people



8

Text or reach out to someone you haven't talked to in a while to offer warmth and shared presence.

9



10

How to Help Kids Who Are Lonely



11

Is my child lonely?



12

Kids are increasingly lonely



13

My Life as a Zucchini



14

How Matilda Helped Me Understand My Lonely Childhood



15

How Childhood Parenting Shaped Your Loneliness

16



17

The World Cup Effect



18

The Contagion Effect



19

The Beauty of Collective Effervescence



20

Collective Effervescence Is Good For You.



21

Feeling Their Vibes? Uncovering the Mystery of Emotional Contagion



22

TEDxLondon You are contagious | Vanessa Van Edwards

23



24

The Power of Positive Leadership



25

Positive Leadership



26

Do good, lead well



27

Positive Leadership Styles



28

5 Reasons Exceptional Leaders Invest in Mental Health



29

Reflect on a recent situation where you caught someone else's emotion (positive or negative). How did it affect your day, and how can you protect your energy?

30



31

Pause and Reflect: It's Good for Your Leadership



IT'S COMING TO YOUR INBOX!