

# October 2024

## Happiness Calendar

This month, calm your busy mind.

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
		<b>1</b> Look for <b>moments of contentment</b> .	<b>2</b> Spend <b>time in nature</b> .	<b>3</b> <b>Delight</b> in someone else's happiness.	<b>4</b> Take a walk and <b>seek out beauty</b> .	<b>5</b> In a divided world, <b>look for common values</b> .
<b>6</b> Pursue your <b>interests</b> .	<b>7</b> Find people you can trust.	<b>8</b> Set boundaries for your well-being.	<b>9</b> Label feelings when they feel overwhelming.	<b>10</b> Limit your <b>news consumption</b> .	<b>11</b> Give yourself a hug.	<b>12</b> Get some exercise.
<b>13</b> Remember that <b>everyone struggles at times</b> .	<b>14</b> Step back from a disagreement to <b>see both sides</b> .	<b>15</b> Cultivate <b>curiosity</b> .	<b>16</b> Don't judge your emotions as good or bad.	<b>17</b> Imagine how you could <b>make the world better</b> .	<b>18</b> Be kind to others.	<b>19</b> How <b>purposeful are you</b> ? Take our quiz to find out.
<b>20</b> Don't get drawn into <b>unnecessary conflict</b> .	<b>21</b> Marvel at something that brings you awe.	<b>22</b> Spend some <b>quality time</b> with a friend.	<b>23</b> Show your <b>joy and enthusiasm</b> .	<b>24</b> Think about your <b>positive qualities</b> .	<b>25</b> Meditate—if it works for you.	<b>26</b> Give yourself <b>care and warmth</b> .
<b>27</b> Be a good listener.	<b>28</b> Believe that <b>your body is strong</b> .	<b>29</b> In difficult conversations, <b>step back and observe</b> yourself and your reactions.	<b>30</b> Take a nap.	<b>31</b> Reflect on what gives you <b>meaning in life</b> .		

**GGSC** Greater Good Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu