

October 2020

Happiness Calendar

This month, protect your well-being at work, at home, and in community.

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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4 If you've been **on the fence about meditation**, give it a try.

5 **Struggling with stress or motivation?** Take our Science of Happiness at Work course.

6 Follow **Christine Carter's** tips to **help your kids succeed at distance learning.**

7 Your challenge today: **Perform five acts of kindness and see how you feel.**

8 **Practice anti-racism** in your daily life.

9 **Get out into nature** for a dose of wonder and awe.

10 It's normal to dislike your partner at times. Follow these steps to **boost feelings of love.**

11 America is divided. **Let's cooperate for a better future.**

12 Here's how to **avoid doing harm** when you discuss race at work.

13 Find **wonder and beauty** in the small things.

14 **Students are back at school, and they need our support.** Here's what schools can do.

15 **Practice being grateful** during hard times, but don't put pressure on yourself.

16 How happy are you when you're on the clock? **Take our Happiness at Work quiz.**

17 **Work on good communication** with your co-parent.

18 **Channel the wisdom of Mister Rogers** to get along better with your fellow citizens.

19 Do this in the afternoon for **a better workday.**

20 Our brains have funny ways of deceiving us. **Don't always trust your perceptions.**

21 Try seeing the **goodness in other people.**

22 Get tips to **combat loneliness** from former surgeon general **Dr. Vivek Murthy.**

23 **Explore why America is so polarized** and what we can do about it.

24 Get inspired by these five teens **finding meaning in the pandemic.**

25 Order the **Greater Good Toolkit** with 30 science-based happiness practices.

26 If you want to get ahead, **nurture your relationships.**

27 **Give your dog some extra love**—or watch a cute dog video to make you smile.

28 Want to **get out the vote?** Here are some lessons we can learn from psychology.

29 Follow these best practices for **implementing a diversity initiative** at work.

30 **Gain insight into an argument** by taking a third-party perspective.

31 **Happy Halloween!** Listen to a podcast about facing your fears.