

October 2022 Happiness Calendar

This month, make time for self-reflection.

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 Look for the **helpful lessons in your failures**.

2 **Make friends** with lots of different kinds of people.

3 Take advantage of **mental health support** if your workplace offers it.

4 Practice a **body scan meditation**.

5 Try to take **delight in other people's happiness**.

6 **Take our Bridging Differences online course**.

7 If you want to **understand yourself**, ask the people around you.

8 Explore **your intimate desires**.

9 Show appreciation **when people are kind to you**.

10 Take the time to **remember your ancestors**.

11 **If you're procrastinating**, break a task into smaller steps.

12 **Channel your guilt** to do better in the future.

13 **Think about your role models** when you need a dose of inspiration.

14 **Spend time in nature**.

15 **Consider forgiving someone**, even as you hold them accountable.

16 **Watch an uplifting TV show**.

17 Work together to **stand up to a bad boss**.

18 Plan an **activity that makes you happy**.

19 Make an extra effort to **be cooperative**.

20 **Take a break from something pleasurable** so you appreciate it more later.

21 **Find a mentor**.

22 **Listen to what your anxiety is trying to tell you**.

23 **Take someone else's perspective**, even if it's hard.

24 **Ask for help** when you need it.

25 **Look for the good** in a difficult situation.

26 How honest is your relationship? **Take our Relationship Trust quiz**.

27 Look for **things you have in common with others**.

28 You're only human; **try to forgive yourself for your mistakes**.

29 **Diversify your news sources** to see the bigger picture.

30 **Take care of your health**.

31 **Confront the things that scare you**.

