

October 2018 Happiness Calendar

Be kind and curious this month!

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
	1 Having a bad day? Learn how your brain can help turn things around.	2 It's the International Day of Non-Violence. Here's how you can teach your kids peace .	3 Does the news get you down? Look for stories that offer solutions.	4 Looking to rekindle romance ? Learn how to fall back in love.	5 On World Teachers' Day, give thanks to your favorite educator!	6 Don't be afraid to ask for help at work. Here's how to do it effectively.
7 Learn why relationships are the key to a long, healthy life .	8 Your community probably needs more green space . Here's why.	9 Find out how conversations can help heal the political divide .	10 Neuroplasticity expert Robert Emmons explains why gratitude can change your life .	11 Discover what curiosity looks like in your brain.	12 GGSC founder Dacher Keltner explains why human touch is so powerful .	13 Find out how our minds, our brains, and our relationships form " the triangle of well-being ."
14 Mindfulness may help improve your bad memory .	15 Hiding your true self won't make you better at work.	16 Being mindful helps you feel even better about helping others .	17 Quit dwelling in the negative and learn how to enjoy the moment with Pixar's Pete Docter .	18 Is focusing a struggle? Meditation may help.	19 As a parent, you can foster gratitude in your kids .	20 Feeling lonely? Maybe you need more sleep.
21 Being kind doesn't just help others, it makes you happier, too.	22 Boost your feelings of connection by giving someone the gift of time .	23 For the dads out there: How online communities can help you be a better father .	24 Calling all parents: learn how to support your kid without hovering.	25 Celebrate International Artist's Day by learning why artists say they make art .	26 Find out how happy you are at work , compared to others who've taken our new quiz.	27 Not so happy? Find out about four keys we've identified to happiness in the workplace .
28 Are you parenting a son? Here's why friendships are so important to them.	29 Take a deep dive into the science of generosity with our new in-depth report.	30 Learn not to take the good things in life for granted with this gratitude meditation practice.	31 Boo! Here are five reasons we humans need Halloween .		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	