

November 2019 Happiness Calendar

This November, find the bright side and meditate on gratitude.

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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3 Poet **Maggie Smith** shares how she learned to **look on the bright side**.

4 Here's how Mindfulness can help you maintain **well-being in the face of difficult situations**.

5 **"Spoil" your kids with affection**; it helps them build resilience.

6 Good news! **Bystanders are more willing to help out** than we used to think.

7 Fuming over an argument? Try **"self-distancing" to find some emotional balance**.

8 **Cherish your friends**. They're good for your health!

9 **Christine Carter** shares some advice on how to react to **friend's diagnosis**.

10 Feeling like the flame is out? Here are **5 ways to renew an old love**.

11 Iraq war vet **Stacy Bare** finds **beauty in the everyday in this podcast episode**.

12 Sometimes TV can teach us something 😊. "The Good Place" offers some great **bridge-building lessons**.

13 Improve your child's self-esteem. Encourage them to **get involved in the arts**.

14 Having trouble sleeping? Maybe you need to **forgive someone**.

15 **Burnout is rampant in the healthcare field**. Here's how one doctor finds compassion.

16 **Laughter and humor** can make you more productive and happier at work.

17 **Got a kid with learning differences?** Focus on their strengths, not their struggles.

18 Learn how to **stand up for what's right**.

19 **Experiencing awe** makes our brains extra engaged. Learn more about the latest research.

20 Our young people may need new rites of passage.

21 Check out these 5 ways to have **more constructive and respectful disagreements**.

22 Prep for next week's holiday with a **gratitude meditation**.

23 **Practice acceptance**. It can lower your stress levels.

24 Are you spending the holiday with kids? Try these **gratitude questions** with them!

25 Technology isn't always evil. Here are **4 ways it can make you happy**.

26 **Keep the gratitude flowing** with these 4 strategies.

27 Why not try the **Three Good Things** practice around the Thanksgiving table tomorrow?

28 **Happy Thanksgiving!** Take time today to tell your loved ones how much you appreciate them!

29 Do you know anyone who's **becoming a mother** soon? Here are some tips to share.

30 **Is psychedelic therapy as effective as mindfulness?** New research is compelling.