

# October 2019

## Happiness Calendar

This month, think about forgiveness and look for silver linings.

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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
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**1** Want to start your work week off on the right foot? Do this in the morning for a **better work day!**

**2** Give yourself **a jolt of awe** with this inspiring video.

**3** How can you **understand those who've wronged you?** Podcast guest **Zahra Noorbakhsh** tries.

**4** Help your kids **develop humility** with some help from this fun video.

**5** Sometimes being a generalist in life trumps **being an expert**.

**6** Learn how to **prime your mind for optimism**.

**7** Sometimes it's hard to see the **good side of things**. This exercise can help.

**8** **You are what you eat**. So eat for mental well-being.

**9** **Help your kids feel loved**. Here's how.

**10** Do you have a child with special needs? It's important to find a **sense of family purpose**.

**11** To be happier, **focus on others** but don't forget yourself.

**12** **Are you hard on yourself?** Discover how to treat yourself like you would a friend.

**13** Being happy doesn't mean **ignoring social problems**. It makes you more equipped to tackle them.

**14** Want to escape the stereotype trap? Here's how to **see people as unique individuals**.

**15** **Can Margaret Cho get any better?** She tries with our Best Possible Self practice.

**16** Try out **Best Possible Self** yourself!

**17** **Disagreeing about politics** isn't always bad. Here's why.

**18** **How forgiving are you?** Take our quiz to find out.

**19** Do you have a low tendency to forgive? This **forgiveness meditation** could help.

**20** This video can help your **kids understand forgiveness**.

**21** Emotions expert **Marc Brackett** offers advice on how to grow emotional intelligence in yourself and your kids.

**22** Here's some advice on how to get out of the **short-term happiness** mindset.

**23** **Boys who connect** with their emotions are happier and healthier. Here's how to help them.

**24** This quick video shows parents how to **encourage their kids to be kind**.

**25** Try this exercise to **help kids grow their generosity**.

**26** Are you sad your kid has **flown the nest**? Here's some advice from **Christine Carter**.

**27** Try these 6 ways to **get more happiness** for your money.

**28** **Money doesn't buy happiness**. Here's why.

**29** Gratitude is important to **romantic relationships**. Here's why.

**30** A big key to happiness? **Social connection**.

**31** **Happy Halloween!** Here are 5 reasons why we need this scary holiday.

