

# 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

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

ggsc.berkeley.edu  
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**1** Get lost in a **good book** today.

**2** Schedule time **this week to spend with your loved ones**, in person or virtually.

**3** Practice **active listening** in your conversations to understand people better.

**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.