

November 2020

Happiness Calendar

This month, hold on to goodness and hope for the future.

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
<p>1 Reflect on what matters to you today.</p>	<p>2 Ask yourself these eight questions when you're stressed out by the election.</p>	<p>3 Voting connects us as Americans. We hope you get out and vote today!</p>	<p>4 Look around for acts of goodness to help restore your faith in humanity.</p>	<p>5 Americans, take heart: The country has overcome intense polarization before.</p>	<p>6 Find a way to be social—whether it's chatting online or smiling at a stranger outdoors.</p>	<p>7 Practice mindful breathing when you're facing a painful situation.</p>
<p>8 Make plans to sustain your political engagement beyond the election.</p>	<p>9 If you need a boost, watch this video on the ripple effects of a librarian's kindness.</p>	<p>10 Connect with nature to ease the pain of loneliness.</p>	<p>11 If you want to be more productive, cut yourself some slack.</p>	<p>12 Practice humility in a difficult political conversation.</p>	<p>13 What are you grateful for during COVID-19? Read other people's thanks to get inspired.</p>	<p>14 Visit our collection of anti-racist resources for tips, tools, and more.</p>
<p>15 How mindful are you? Take our quiz to find out.</p>	<p>16 Remote learning is hard for special-needs students. Here are resources for teachers and parents.</p>	<p>17 Learn some tools for detecting fake news.</p>	<p>18 Journal about five good things that happened to you.</p>	<p>19 Compassion is a quality we can grow; spend some time nurturing it today.</p>	<p>20 What's your expertise? Try to carve out your own area of ownership at work.</p>	<p>21 Watch our new favorite films while you're stuck at home. Here are our new favorites!</p>
<p>22 Follow these six tips for speaking up against bad behavior.</p>	<p>23 Read this inspiring story from a COVID-19 survivor.</p>	<p>24 To help teens feel loved, express warmth and affection (even when you disagree).</p>	<p>25 Keep fighting for social justice—it helps make everyone happier.</p>	<p>26 Even if you don't <i>feel</i> grateful, you can practice a grateful perspective during hard times.</p>	<p>27 If you're bored, afraid, or exhausted, give yourself a break. The ancient Greeks felt it, too.</p>	<p>28 Steer clear of narcissists at work.</p>
<p>29 Is your child anxious? Help them work on noticing the good and expressing appreciation.</p>	<p>30 To unite people around common goals, think like a jazz musician—open, listening, and responsive.</p>					

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