

VB *City of Virginia Beach*
Human Services
Daily Dose of Positivity

Behavioral Health Wellness and Prevention Services is a unit in the Department of Human Services dedicated to serving the citizens of Virginia Beach through various trainings and events that promote individual health, both mentally and physically.

During the times of COVID-19, it can be difficult to see the light at the end of the tunnel. Taking it each day at a time can have a positive impact on one's health. Please join us for Prevention's Daily Dose of Positivity, where you are given the tools to make the best out of each day!



**MINDFUL
MONDAYS**

Take some time to focus on here and now, and being present in circumstances.



**TASTY
TUESDAYS**

Local eats, family friendly recipes, or trying something new. Tasty Tuesday promotes different ways to not just eat food, but make it an experience!



**WELLNESS
WEDNESDAYS**

Let's get moving! Staying at home doesn't mean you can't move! Look at some home-friendly exercises you can do in your living room!



**THANKFUL
THURSDAYS**

With all the focus on the negative, this is a time you can choose to look at the positive. What are you thankful for?



**FUN
FRIDAYS**

Who says we can't look forward to the weekend? Give you and your family something to celebrate on Friday! Family games, quality time, or just relaxing!

Week of April 19

Getting Organized!

Take spring cleaning to a new level and get your spaces organized! Researchers have found that clutter can actually make it more difficult to focus on a particular task. Clear your mind and your surroundings this week while adding a positive spin to each day!



APRIL
19

Mindfully organizing your home is a powerful way to bring more ease and joy into your physical and mental space. Here are some ways to be mindful and get organized! [#MindfulMonday](#)



APRIL
20

Warmer weather is perfect to entertain outside with friends and family. Check out some easy foods made with fresh ingredients that are quick to make and are a great way to appreciate the completion of outdoor organization! [#TastyTuesday](#)



APRIL
21

Did you know that chores around the house and garden burn calories while stretching and toning muscles? Learn how you can get a workout in while organizing your surroundings! [#WellnessWednesday](#)



APRIL
22

Gratitude starts with having awareness and appreciation for your entire life - improving it includes your surroundings! See how you can organize the things you have and appreciate them as you do. [#ThankfulThursday](#)



APRIL
23

Many of us continue to look for ways to make family memories about something more than being inside. Here are six ways families can reduce the risks of gathering while still getting the thrill and excitement of happenstance! [#FunFriday](#)