

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 26

Earth Week

Earth Day is dedicated to increasing awareness of environmental problems but is also becoming a popular time for many communities to gather together to clean up litter, plant trees, or simply reflect on the beauty of nature. See how you can appreciate the planet and put a positive spin to each day of the week!



APRIL
26

Exchanging the breath is a meditative breathing practice that encourages people to mindfully consider their connection with each and every person and living thing on our earth. In honor of Earth Day, give this exercise a try. [#MindfulMonday](#)



APRIL
27

Here are some Earth Day treats which will make the day fun and memorable as you teach your kids about being good global citizens in the sweetest way possible! [#TastyTuesday](#)



APRIL
28

Just as it is important to take care of our bodies, so too is taking care of our planet. The good news? There are many ways you can tackle both tasks at once! [#WellnessWednesday](#)



APRIL
29

Some will celebrate what they love about the world we live in with walks in the woods, picnics with families and friends, or some quiet time outside. As we practice gratitude, what are some things you can appreciate about your surroundings? See a list here that can give some ideas! [#ThankfulThursday](#)



APRIL
30

There are so many different ways to celebrate Earth Day! Include the kiddos in some family fun Earth day activities that they will love. [#FunFriday](#)