

# 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 daily 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!



## WORKOUT 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 August 10

## Out with the old, in with the new...habits!

It can be very easy to be “over” not being able to do the things we are used to doing. However, there are many other activities we can do while staying safe! How can we develop some new habits and come out stronger than before? Learn how throughout this week's [Daily Dose of Positivity!](#)



**AUGUST  
10**

New to being mindful? Try habit stacking! The idea behind habit stacking is simple: add a new behavior to your daily schedule by “stacking it” on top of an existing habit. Learn how to get started here! [#MindfulMonday!](#)



**AUGUST  
11**

Trying new recipes offers the opportunity to take your family to different places with your taste buds. Whether it's breakfast, lunch, or dinner that needs a fresh twist, check out these recipes to see something new that you can add to your cooking toolkit! [#TastyTuesday](#)



**AUGUST  
12**

Working out can be a family affair! Take a look at how you can make it fun, regular and pay off. [#WorkoutWednesday](#)



**AUGUST  
13**

Developing a new habit can be difficult. Sometimes we need some inspiration on where to start our gratitude focus. Here are a few ideas and conversation starters to use in your personal journaling, family conversations, and online chats. [#ThankfulThursday](#)



**AUGUST  
14**

If you need a change in scenery and a new activity to try, take a look at a park that may be worth a nearby mini trip! [#FunFriday](#)