

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!



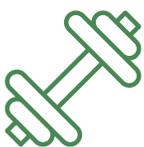
MINDFUL MONDAYS

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 3

Welcome to August!

August is traditionally known as back-to-school month, but with some changes, this year's jump start to school will look different! "Different" does not mean bad! How can we put a positive spin on something new? Discover how with a [Daily Dose of Positivity!](#)



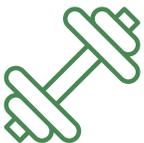
AUGUST
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Try something new by adding art to your mindful Monday! This art therapy exercise will help you become more mindful of your body and your emotions in a nonjudgmental way. Whether you are an artist or you prefer to just admire it, give this exercise a try this [#MindfulMonday!](#)



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Your slow cooker isn't just for winter soups and stews. Turn to these creative summer slow cooker recipes for a seasonal dish that won't heat up your kitchen by keeping the oven off. [#TastyTuesday](#)



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Daily exercise is good for optimizing health, but with so many options and limitless information available, it's easy to get overwhelmed. Check out these 10 basic but effective exercises! [#WorkoutWednesday](#)



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6

New month, new goal! Jump start August with a 30-day gratitude challenge! How many days can you complete? [#ThankfulThursday](#)



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Many times, a boost of positivity can come with a different perspective. There has been a major change in how we spend our time recently. Consider taking up a hobby you enjoy and now have time for. Here are a couple of examples to get you started! [#FunFriday](#)