

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!



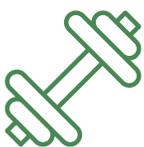
MINDFUL MONDAYS

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 July 13

New month, new ideas!

With Summer in full swing, there are many things to do, right at our fingertips. Check out some activities that add a unique and creative spin! Learn more by exploring each [Daily Dose of Positivity!](#)



JULY
13

Kids and adults who do mindfulness activities learn better. Mindfulness is something you can practice with your family. The following activities are both fun and powerful. Try one (or all!) of them with your family this summer! [#MindfulMonday](#)



JULY
14

Have Italian night and add a summer twist with grilled lasagna. Take a look at this tasty recipe and try something fresh and new this summer! [#TastyTuesday](#)



JULY
15

You can get physical and workout while having fun! Here are some activities the city has to offer. The adventure park is a great starting point. Check it out here! [#WorkoutWednesday](#)



JULY
16

Share some thankfulness with your neighbors with this easy 3-ingredient DIY puffy sidewalk paint! It's a perfect project to get the family outdoors and spend some time being creative with your little artists while discussing what you are thankful for. [#ThankfulThursday](#)



JULY
17

Virginia Beach has much to offer, especially during the summer. Check out some of these activities you can add to your schedule to add a little fun to your week and support local businesses! [#FunFriday](#)