

# 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 20

## New month, new ideas!

Halfway through the month - time flies! As you are checking out these activities that can give you a [Daily Dose of Positivity](#), remember to go at your own pace. Slow down and give yourself an opportunity to enjoy each day!



JULY  
20

Studies have shown that mindfulness has many benefits, but it doesn't always come naturally, it takes practice. If you are looking to exercise your mindful muscles with simple, enjoyable activities that can get you outside, give these outdoor mindfulness activities a try! [#MindfulMonday](#)



JULY  
21

Lara Eucalano says, "When the sun's out, these delish mains, sides and treats are IN. Don't worry—everything is easy, so you'll have plenty of time to relax!" Check out the recipes here! [#TastyTuesday](#)



JULY  
22

Warmer, sunny days are finally here, but after exercising in cooler Spring temps, hot and humid 80-degree days can feel overwhelming. Running, biking, hiking, even walking feels harder in the heat, so here are some tips to help you get through your Summer workouts! [#WorkoutWednesday](#)



JULY  
23

Looking for a physical reminder of things to be thankful for in life? Try making Gratitude Stones! [#ThankfulThursday](#)



JULY  
24

Take the whole family out for a day at the park, including your four-legged family members! Here are some local pet-friendly parks where your kids will also have a blast. [#FunFriday](#)