

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!



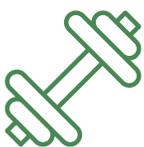
MINDFUL MONDAYS

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 6

New month, new ideas!

Welcome to the first full week of July! With a new month comes new ideas, new activities and new ways to put a positive spin on each day. Learn how by exploring each [Daily Dose of Positivity!](#)



JULY
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Much has been written about the need for personal protective equipment, or PPE. But now, as we face reentry, it's time to develop our EPE – emotional protective equipment. See what this is and how you can develop it here! [#MindfulMonday](#).



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Summertime often allows for a little more downtime, and opportunities to try something new. Take a look at how you can take your cookout items to a new level! [#TastyTuesday](#).



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Keeping with the theme of being outdoors, here are some tips to add a little variety to your outdoor experience! [#WorkoutWednesday](#).



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Need a reminder of what you're thankful for this summer? Make a literal bucket list for gratitude! Write down things you're thankful for on paper or popsicle sticks and place them in a small bucket or jar. Each day, pull one out to remind yourself what you're thankful for. [#ThankfulThursday](#).



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One favorite summer activity is taking a day to check out the aquarium! Now open and welcoming guests, take a look at their site to plan a day of fun while learning more about aquatic life! [#FunFriday](#).