

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!

| DAY OF THE WEEK | THEME |
|--------------------|---|
| 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! Being quarantined doesn't mean you can't move! Look at some quarantine-friendly physical activities you can do at home! |
| 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 June 1

Tapping Into Creativity

New month, new ideas, new activities! Summer is here and it can still be fun! Tapping into our creativity can make for a memorable summer, and not because of the worldly circumstances. How creative can you get this week? Take a look at this week's [Daily Dose of Positivity](#) to get you started! Click the blue hashtags to follow the day's link.

Mindful Monday

The CDC recommends washing your hands with soap and water for at least 20 seconds. Not sure how long that is without a stopwatch? Try this great hygiene practice as a way to build a meditation and mindfulness practice at the same time! [#MindfulMonday](#)

Tasty Tuesday

Did someone say, "Taco Tuesday?" One pot taco spaghetti, crunchy taco cups, crispy potato tacos, grilled shrimp tacos with creamy cilantro sauce and Mexican-style pork tacos are just a few ways you can change up this dish! Take this Taco Tuesday and add a tasty twist! [#TastyTuesday](#)

Workout Wednesday

Staying active doesn't mean you need a gym or lots of equipment! Here are 15 ways to exercise at home that can help you take care of your mental and physical health! [#WorkoutWednesday](#)

Thankful Thursday

Did you know practicing gratitude has been researched to be associated with optimism and empathy? Journals can be a fun way to get in the habit of looking for things you are grateful for! Take a look at this free, printable journal for children and adults to get you started! [#ThankfulThursday](#)

Fun Friday

After spending more time in the house, things can start to look routine. Take a different look at things around your house with this indoor scavenger hunt you can play with the family! [#FunFriday](#)