

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!



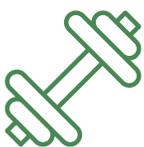
MINDFUL MONDAYS

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 June 15

Congrats to the Class of 2020!

Whether it was Kindergarten, fifth grade, moving from middle school to high school, getting your high school diploma, a bachelor's or a graduate degree, it is graduation season. Even if you are not in school, you can celebrate the next chapter. Follow the link in each hashtag to learn how!



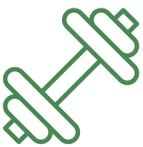
JUNE
15

Graduation signifies the close of one chapter and the beginning of a new one. If you find your mind wondering, revisit the benefits of staying in the moment. Check out this brief video that can help you stay on track! [#MindfulMonday](#)



JUNE
16

A little sweet every once in a while can be a treat! Celebrate the graduate in your life with something sweet and tasty. [#TastyTuesday](#)



JUNE
17

Graduation isn't just for education. Celebrate next steps with wellness and get fit with family & friends this [#WorkoutWednesday](#)



JUNE
18

Gratitude comes in many forms. Show someone you care by tapping into your imaginative side with a creative spin on a classic gift for grads with this DIY project! [#ThankfulThursday](#)



JUNE
19

Stay safe and celebrate! Take a look at these options that allow you to celebrate accomplishments in a safe, but fun way! [#FunFriday](#)