

# 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!



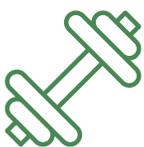
## MINDFUL MONDAYS

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 22

## Extending Father's Day Week

Whether you are a father, know a father-like figure, have a good relationship with your father, or one that is growing, take a moment to share these positive posts with special fathers in your life!



JUNE  
22

"Mindfulness is about taking time to appreciate the present. In whatever way you honor this day that is set aside for fathers, I invite you to take a deep breath and invite your attention into the present moment. And maybe appreciate a dad you know who is working hard to do that, too." -Micah Mortali  
[#MindfulMonday](#)



JUNE  
23

Looking for some delicious family meal ideas? Treat dad to something extra special this Father's Day Week with one of these tasty dishes! [#TastyTuesday](#)



JUNE  
24

Being a new parent means new routines. Here's some creative ways to stay fit and bond with your newborn at the same time! [#WorkoutWednesday](#)



JUNE  
25

Show the father-figure in your life your gratitude by sharing what you love and appreciate about him. This kid-friendly craft can get the whole family celebrating dad! [#ThankfulThursday](#)



JUNE  
26

With precautions for safety and social distancing in place you may think that cool Father's Day ideas are limited. Not so! There are many great ways to celebrate Father's Day this year! [#FunFriday](#)