

## 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!



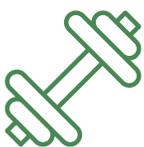
### **MINDFUL MONDAYS**

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 29

## Leading Up to The 4th of July

Warm weather, cookouts, and summer fun. Get ready for a three-day weekend that gives us an opportunity to be patriotic and social (at a distance)! Celebrating history gives us an opportunity to see how far we have come and learn from our past. Check out ways to put a positive spin on each day!



JUNE  
29

The beauty of studying history is that we can look at what happened in the past to avoid repeating it in the future. The same can be done with our everyday lives. Check out how beginning your day in a mindful way can be a fresh start! [#MindfulMonday](#)



JUNE  
30

Grilling season is in full effect! Whether you want to try something new, or keep it traditional take a look at some grill-friendly recipes! [#TastyTuesday](#)



JULY  
1

Outdoor fitness comes in all forms and has benefits for the mind and mood along with the body. Check out some benefits of outdoor workouts and some tips to get started! [#WorkoutWednesday](#)



JULY  
2

Taking some time to reflect on our role gives us an opportunity to see a different perspective. Rarely do we stop to think about what giving others our gratitude does for us. Here are some gratitude exercises and how they can benefit the one expressing gratitude! [#ThankfulThursday](#)



JULY  
3

The 4th of July is a time of celebration! Check out some ways to be safe and have fun this Independence Day weekend! [#FunFriday](#)