

# Daily Dose of Positivity

Behavioral Health and Wellness 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 May 18

## Family

Celebrate family with this week's [Daily Dose of Positivity](#)! Each themed day is a link - click on it to help you plan your own Daily Dose of Positivity!

THEME	DAILY DOSE
<a href="#"><u>Mindful Monday</u></a>	Mindfulness can be a family affair! The hidden benefit of practicing mindfulness with your family is that parents also get to reap the benefits. Here are eight easy ways to get started! <a href="#">#MindfulMonday</a>
<a href="#"><u>Tasty Tuesday</u></a>	Cooking with your children can help build confidence, use their imagination, get their senses going and teach them an important life skill! Have the kids join you in the kitchen with one of these kid-friendly recipes. <a href="#">#TastyTuesday</a>
<a href="#"><u>Workout Wednesday</u></a>	Did you know music and dance can also lift your spirits and increase levels of the neurotransmitter serotonin, the feel-good chemical in your brain? Plus, dancing doesn't always feel like exercise. Get creative with your own in-home dance party! <a href="#">#WorkoutWednesday</a>
<a href="#"><u>Thankful Thursday</u></a>	While being grateful has its benefits, it can sometimes be a difficult concept to grasp. This activity can help introduce the practice of being thankful into your everyday life! <a href="#">#ThankfulThursday</a>
<a href="#"><u>Fun Friday</u></a>	Stuck at home? Add a little fun to being indoors! Check out 14 activities you can do with your family from the comfort of your home on this <a href="#">#FunFriday</a> !