

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 25

Honoring our Heroes

This week, we recognize that freedom isn't free. Prevention's [Daily Dose of Positivity](#) would like to honor heroes we've lost in service to our country, and other heroes who have continued to work hard and serve during those times. Let's take a moment each day this week to honor those individuals! Each themed day is a link - click on it to help you plan your own Daily Dose of Positivity!

Mindful Monday

As we remember the men & women of our armed forces on Memorial Day, let's take a moment to be mindful of those who have sacrificed something during this current time and times before. Let's honor our heroes and how they've impacted our here and now. [#MindfulMonday](#)

Tasty Tuesday

Make this appreciation a family affair! Having the kids join in with making super-hero themed treats gives parents the opportunity to explain to them our everyday heroes! Take a look at this tasty and affordable treat. [#TastyTuesday](#)

Workout Wednesday

Being active does not have to look the same each day! How can we honor our heroes and work out? Take a look at this 5-minute video that shows some basic exercises for the family with a super-hero twist! [#WorkoutWednesday](#)

Thankful Thursday

Did you know expressing gratitude can help relieve stress? Maybe you know an everyday hero or have recently been helped by one. Taking a moment to show you are thankful can make someone else's day and yours. Thank a hero with a free printable card on this [#ThankfulThursday](#).

Fun Friday

Memorial Day can be observed at any time. Have a second round this weekend with Memorial Day activities for the whole family that pay tribute to our men & women in uniform. [#FunFriday](#)