

VB *City of Virginia Beach*
Human Services
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 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!



**WELLNESS
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 May 17

Mental Health and Women's Health

May is a month that celebrates health, and there is no health without mental health! As we recognize Mental Health Awareness Month and Women's Health week, let's see how we can add a positive spin to the week while celebrating good health!



MAY
17

Lowering your stress can be an important health investment. Meditation is proven to work and does not have to take a ton of time. See some tips that are quick and simple enough to fit into even the busiest of schedules. [#MindfulMonday](#)



MAY
18

Healthy eating can have a positive impact on the body and mind. It's important to incorporate healthy and nutritious foods and ingredients into your diet on a regular basis in order to protect your mental and physical health. Learn how to incorporate those foods into your diet here! [#TastyTuesday](#)



MAY
19

Living a healthy life is not just specific to women. Preventive care can keep disease away or detect problems early so that treatment is more effective. Protect your health by identifying the care you may need. See how here! [#WellnessWednesday](#)



MAY
20

Positive psychology says more positive emotions lead to more happiness, health, and success in life. Train your mind to focus on the positive and have an overall better perception of life while going for a walk! [#ThankfulThursday](#)



MAY
21

Studies have shown that we spend about 23 hours a week on email, texting and social media. That's a day lost to your digital devices! Do your mental and physical health a big favor, by finding a productive activity to do with spare time! [#FunFriday](#)