

**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 24

## Memorial Day

As we wind down May, we are also winding down the weekly Daily Dose! When we celebrate Memorial Day, we take a moment to honor and recognize those who have fallen in service. As we continue on, let's remember the things learned when adding just a little positivity to each day!



MAY  
24

Mindfulness training, the practice of training your brain to stay in the present moment, offers many benefits. In military environments, one can see benefits pre and post deployment! See how here! [#MindfulMonday](#)



MAY  
25

Memorial Day plans may still look a little different this year, but here are some food deals that can help you honor the Veterans in your life! Take a look at these restaurants that are showing the military some appreciation! [#TastyTuesday](#)



MAY  
26

As the summer holidays approach and there are times to celebrate and honor others, following your health plan can be tough but not impossible. See some ways you can stay on track through the summer holidays! [#WellnessWednesday](#)



MAY  
27

Though Memorial Day honors those who have fallen in service to our country, have you ever wondered how you can say "Thanks," to someone currently serving? Here are some ways you can show appreciation! [#ThankfulThursday](#)



MAY  
28

You can get a little history and fun in this weekend by exploring America's founding ideals and honoring the men and women who died defending them by taking a trip to Colonial Williamsburg! [#FunFriday](#)