

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 3

Celebrating Mothers!

Mother's Day is quickly approaching and with it, a time to celebrate the moms or mother-like figures in our lives. See how you can appreciate the mothers around you and put a positive spin to each day of the week!



MAY
3

Mindfulness for mothers is important! Being a mom is a full-time job that lasts forever. Check out the benefits of mindfulness for moms! [#MindfulMonday](#)



MAY
4

Whether it is a special twist to her favorite or a new recipe to surprise her, treat the moms in your life to a special meal! Here are some ideas to make the day a memorable one! [#TastyTuesday](#)



MAY
5

With so many things to do in a day, it's too easy for busy moms to ignore their own health in favor of their family's wellness. Here are some helpful tips for the busy mom to stay healthy, even (and especially!) when busy. [#WellnessWednesday](#)



MAY
6

One of the most appreciated, yet challenging, ways to let your mom know you care is to say so. Here are a few ways to help you find the words to express your gratitude! [#ThankfulThursday](#)



MAY
7

While the pandemic is still making it tricky for families to spend time together, there are still plenty of ways to make Mother's Day special. Check out a list of activities that can help create memories that the moms in your life won't forget! [#FunFriday](#)