

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 10

National Prevention Week

National Prevention Week is a week of raising awareness and understanding around the importance of substance use prevention and positive mental health. Let's see how we can add a positive spin to this Prevention Week!



MAY
10

Mindfulness-Based Relapse Prevention is designed to bring mindfulness to those who have addictive tendencies. See how this positive practice can help individuals in this area! [#MindfulMonday](#)



MAY
11

Connectedness is an important protective factor for youth that can reduce the likelihood of many health risk behaviors. Increase connectedness with a healthy meal the whole family can enjoy together. [#TastyTuesday](#)



MAY
12

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood that can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented. See how here! [#WellnessWednesday](#)



MAY
13

Prevention focuses on decreasing risk factors and increasing protective factors, but sometimes it is hard to see the things we do have! Here are some quick and easy ways you can jump-start your journey through gratitude. [#ThankfulThursday](#)



MAY
14

Weekends are so precious when a family spends little time together on weekdays due to school or at work. A family bond is a big protective factor! See how you can make the most of weekends and do fun family activities together! [#FunFriday](#)