

A photograph of two young women sledding down a snowy hill in a forest. The woman in the foreground is wearing a white jacket, a red beanie, and brown boots, and is smiling broadly. The woman behind her is wearing a white sweater and a white beanie. The background shows bare trees and a clear blue sky.

Be present

Mental Health Moment

Forget your bucket list.

Instead, start doing things you hope to do “someday” — ASAP. Live in the present and enjoy each day now.

Resources *for* Living®