

A close-up portrait of a woman with dark, curly hair, smiling and looking slightly to the side. She is wearing a light-colored collared shirt under a grey cardigan. The text "Be you" is overlaid in a large, white, serif font.

Be you

Mental Health Moment

Make a list of your strengths, skills and other parts of “you” that you really like.

Add to the list whenever you think of something else. Then, keep it handy and read it every time you start to doubt or judge yourself harshly. Be your own best friend.

Resources *for* Living®