

The first question everyone asks me is, “What inspired you to develop HTLYS?”. Of course, I would love to be able to tell you a dreamy story of self-discovery that led me down this inspired path... but the truth is, HTLYS was born out of the worst year of my entire life! In fact, I can thank HTYLS for giving me a real reason to take a deeper look at my mental health.

I’ve been a spokesperson and a board member for BTCF since its inception, but in 2018 Debra asked me if I wanted to develop my own program. Of course, I was honored and knew my only option was to write something deeply personal. I was navigating my most challenging days... dealing with a major career move, grieving the loss of my grandmother, and living with an undiagnosed anxiety disorder that was eating away at me. I was at my rock bottom.

So, I started to write about comparison and perfectionism. These two things have driven my anxiety since I was a cute little theater kid beating everyone else out for the play’s lead for the 20th time. I started to write about what it felt like to live my life so publicly, so on the internet. I began to write about finding my anxiety diagnosis. When I started exploring these topics more, I realized how many people out there cared and had experienced something similar. I found a community online that helped me get through a really rough time. It was a positive side of social media I hadn’t experienced before.

It made me question what we all really use social media for and whether we can create a better experience for ourselves? HLTYS was born because of a desire to change the conversation, educate young people on the internet’s effects on our mental health, and create a safer space. We aim to inspire our audience to shake up their feeds, make healthier choices, and reduce social media’s harmful effects on us!

Thank you for participating, and I hope you enjoy How To Love Yourselfie!

A handwritten signature in black ink that reads "Jill Reed". The signature is written in a cursive, flowing style.