


# WANT TO FEEL BETTER *now?*

Begin your path to balance with TAO.

All of us will hit a bump in the road or have a challenging life situation at some point. TAO was designed to provide you with a tool kit of effective evidence-based resources to help you bounce back from those setbacks. You have completely anonymous, free access, 24/7/365 through your institution. Create and verify your account, then once you are logged in, click on any of the photos below to take you directly to your content selection. It's like navigating on your favorite movie app...just with content that can make a difference in how you think, feel and function!


## TAO Quick Start:

- Click this link/QR to take you to the registration page.
  - <https://us.taoconnect.org/register>
- Enter your info, so we can support your account if needed.
- Click on the confirmation in your inbox to confirm your account.
- Then log in here and browse:
  - [us.taoconnect.org/login](https://us.taoconnect.org/login)
- Click "Browse All Content" to explore, or any tile below to find that specific content.
- You can also do Ctrl F or Cmd F on your keyboard to find a topic or concern.
- Click "Browse All Content" in the left navigation pane when you're done to search for new content.




**General Anxiety**

- The Cognitive Response System
- Causes of Anxiety and Unhelpful Practices
- Relaxation
- Unhelpful Thoughts
- Challenging Thoughts



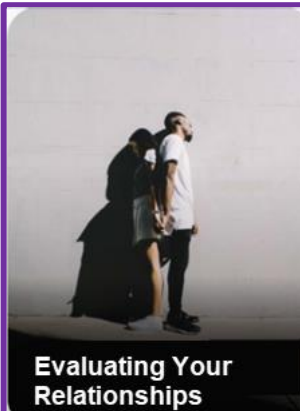
**CBT for Depression**

- Understanding Depression
- Causes of Depression
- Overcoming Depression
- Relaxation Strategies



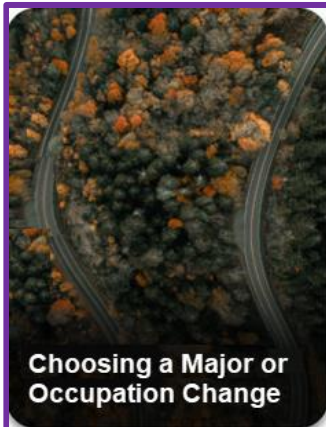
**General Stress**

- Getting Stuck in Our Thoughts
- Relaxation
- Progressive Muscle Relaxation
- Deep Breathing
- Guided Imagery
- Challenging Thoughts

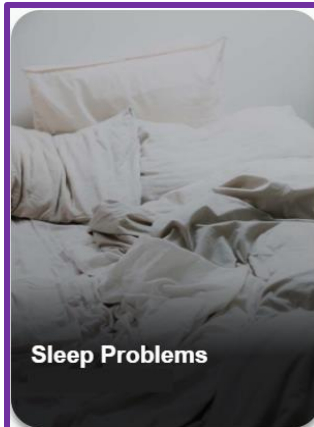


**Evaluating Your Relationships**

- Relationships
- Problem Solving Model
- Thinking Habits
- Understanding and Avoiding Drama in Relationships



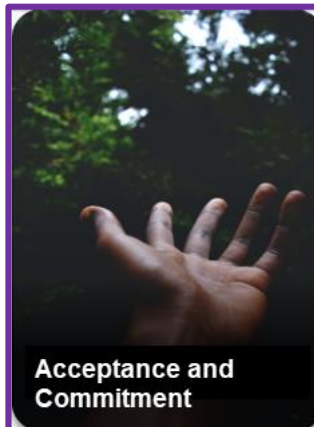
Getting Stuck in Our Thoughts  
ACT: Values  
Problem Solving  
Thinking Mind vs Observing Mind



Physical Exercise and Sleep Habits  
Relaxation  
Meditation for Intrusive Thoughts  
Meditation for Restful Sleep



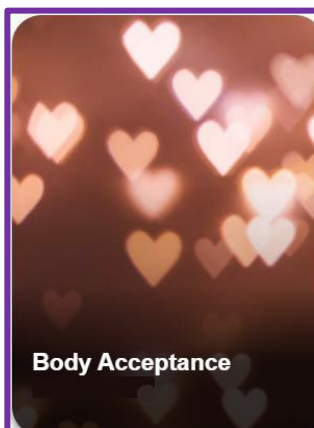
Sources of Well Being  
Improving Awareness and Understanding  
Activation Plan  
Different Types of Communication



Getting Stuck in Our Thoughts  
Thinking Mind vs. Observing Mind  
Acceptance  
The Cognitive Response System  
Relaxation



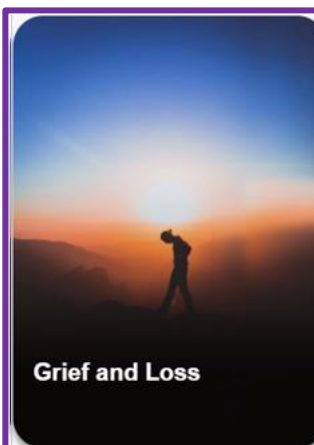
Getting Stuck in Our Thoughts  
The Cognitive Response System  
Relaxation  
Mindfulness  
Lifestyle Factors



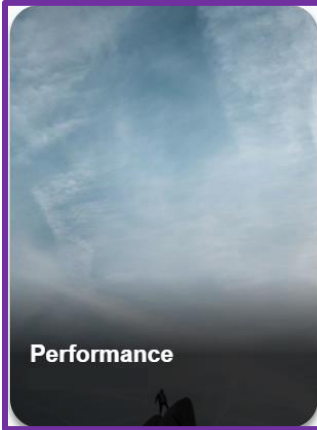
Meditation on Body Acceptance



Managing Anger  
Understanding and Avoiding Drama in Relationships  
Communication Strategies  
Different Types of Communications



Sources of Well-Being  
Recognizing Depression Traps  
Behavioral Activation: Thinking Habits



**Performance**

Flow  
Strengths  
Problem-Solving Model



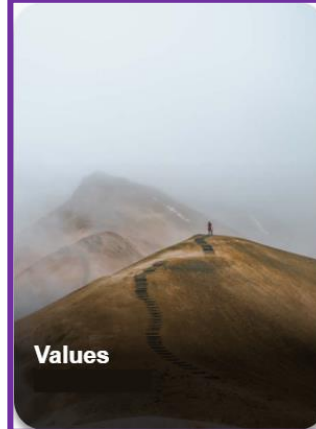
**Perfectionism**

What is Anxiety?  
Getting Stuck in Our Thoughts  
Mindfulness



**Strengths**

Flow  
Strengths



**Values**

ACT: Values  
Defining Your Values



**Communications**

Communication Strategies  
Different Types of Communication  
Managing Anger  
Thinking Habits  
Relationships



**Conflict and Anger Management**

Managing Anger  
Communication Strategies  
Unhelpful Thoughts  
Challenging Thoughts



**Empty Nest Stress**

Getting Stuck in Our Thoughts  
Acceptance  
Sources of Well Being  
Improving Awareness and Understanding



**Interpersonal Functioning**

Different Types of Communication  
Communication Strategies  
Understanding and Avoiding Drama in Relationships  
Thinking Habits



**Financial Stress**

Managing Finances  
Setting Priorities  
Obstacles to Effective Time Management



**Navigating Disabilities In Higher Education**

Challenging Thoughts  
Problem Solving Model  
Thinking Habits  
Relaxation  
Guided Imagery



**Veterans and Active Duty Service Members**

What is Anxiety?  
The Cognitive Response System  
Managing Anger  
Communication Strategies  
Thinking Mind vs Observing Mind



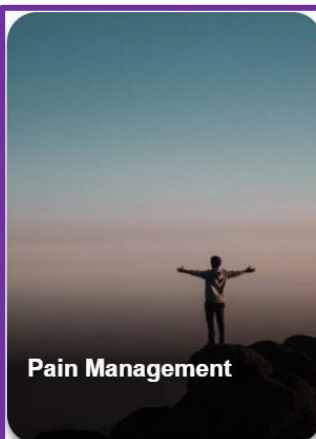
**Mindfulness**

ACT: Mindfulness  
Deep Breathing  
Letting Go  
Observing Thoughts Exercise  
Finding Your Happy Place



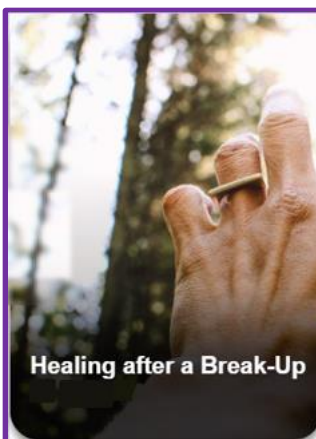
**Medication Compliance**

Sources of Well-Being  
Improving Awareness and Understanding  
The Basics of Pain  
Managing Pain and Lifestyle Factors



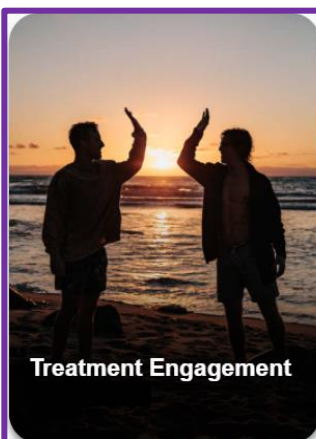
**Pain Management**

The Basics of Pain  
Managing Pain and Lifestyle Factors  
Reducing the Negative Impact of Pain  
Meditation for Pain



**Healing after a Break-Up**

Feelings and Thoughts  
Relaxation Strategies  
Unhealthy and Healthy Thoughts



**Treatment Engagement**

Facing Fears  
Exposure



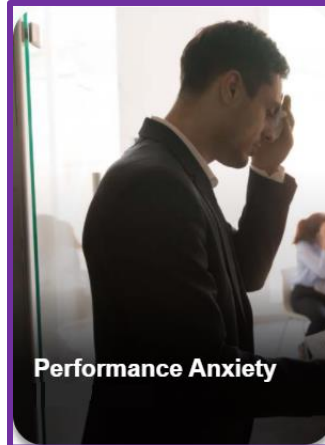
**Burnout**

Sources of Well-Being

Relaxation Strategies

CBT: Lifestyle Factors

Social Support



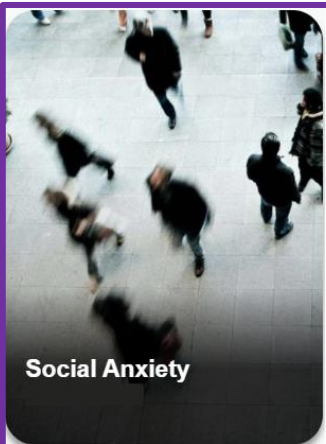
**Performance Anxiety**

What is Anxiety?

Facing Fears

Exposure

Meditation for Intrusive Thoughts



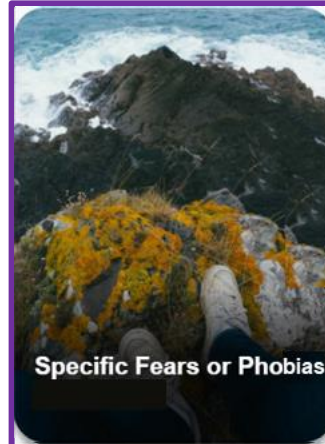
**Social Anxiety**

The Cognitive Response System

Relaxation

Unhelpful Thoughts

Challenging Thoughts



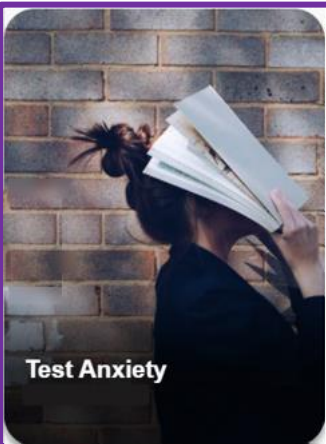
**Specific Fears or Phobias**

Facing Fears

Exposure

Observing Thoughts Exercise

Meditation for Intrusive Thoughts



**Test Anxiety**

Facing Fears

Exposure

Observing Thoughts Exercise

Meditation for Intrusive Thoughts

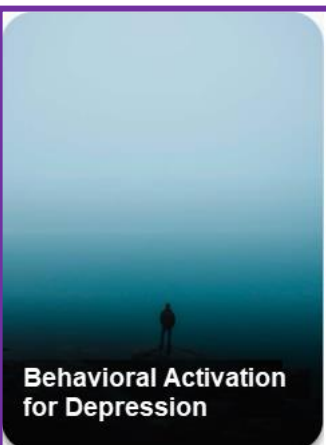


**Imposter Syndrome**

Unhelpful Thoughts

Challenging Thoughts

Mindfulness

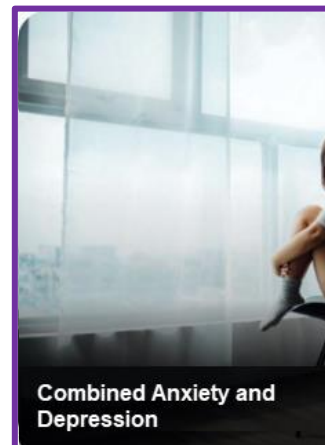


**Behavioral Activation for Depression**

Sources of Well-Being

Recognizing Depression Traps

Overcoming Depression



**Combined Anxiety and Depression**

Causes of Anxiety and Unhelpful Practices

Overcoming Depression

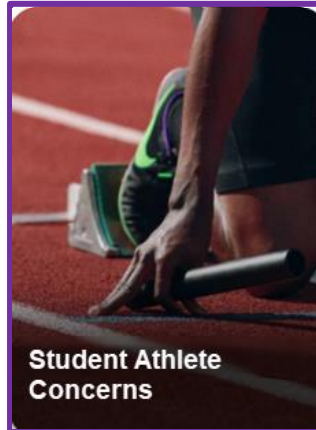
Stress and Depression

Social Support



**Parenting and Caregiving Stress**

Getting Stuck in Our Thoughts  
Defusion Strategies  
Acceptance  
Problem Solving Model  
Thinking Habits



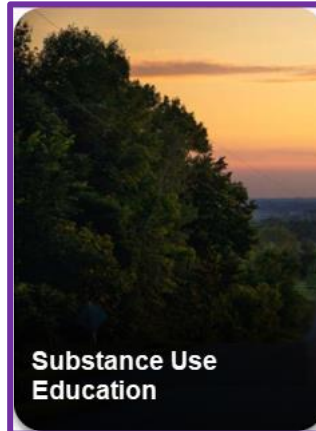
**Student Athlete Concerns**

Flow  
Strengths  
Relaxation  
Progressive Muscle Relaxation  
Deep Breathing



**Recovery Skills and Topics**

Coping with Cravings  
Recovering from a Lapse or Relapse  
Maximizing Your Odds at Success  
Overcoming Guilt and Shame



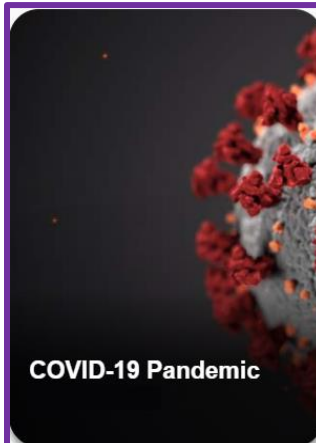
**Substance Use Education**

Evaluating Alcohol and Drug Use  
Making Decisions About Your Alcohol or Drug Use  
Building a Social Support Safety Net



**Autism Spectrum Disorders**

Different Types of Communication  
Communication Strategies  
Managing Anger  
Relationships  
Problem Solving Model



**COVID-19 Pandemic**

Coping with Pandemic Trauma  
Coping Through Coronavirus  
Lifestyle Factors  
Nutrition  
Physical Exercise and Sleep Habits

### **When You're Done.....**

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