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 toolkit 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](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.
Defining Your Values
Getting Stuck in Our Thoughts
Fusion and Defusion

Meditation for Restful Sleep
Physical Exercise and Sleep Habits
Guided Imagery
Meditation for Intrusive Thoughts

Overcoming Loneliness
Recognizing Depression Traps
Improving Awareness and Understanding

Acceptance
Defining Thoughts, Assumptions, and Core Beliefs
Unhelpful Thoughts
Challenging Core Beliefs

Fusion and Defusion
Defusion Strategies
Acceptance
Relaxation

Meditation on Body Acceptance

Communication Strategies
Understanding and Avoiding Drama in Relationships
Managing Anger
Goal Setting

Recognizing Depression Traps
Improving Awareness and Understanding
Sources of Well-Being
Getting Stuck in Our Thoughts

Fusion and Defusion

Overcoming Perfectionism

Getting Stuck in Our Thoughts

The Cognitive Response System

Strengths

Flow

ACT: Values

Defining Your Values

Communication Strategies

Different Types of Communication

Managing Anger

Thinking Habits

Managing Anger

Communication Strategies

Unhelpful Thoughts

Challenging Thoughts

Getting Stuck in Our Thoughts

Fusion and Defusion

Different Types of Communication

Communication Strategies

Positive In, Negative Out

Empty Nest Stress

Interpersonal Functioning
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*Now that you’ve finished, we hope you have enjoyed this content to improve how you think, feel, and function.*