

Let Go and Be Well

- *Overview of Depression
- *Introduction to Acceptance and Commitment Therapy
- *Fusion and Defusion
- *Thinking Mind vs. Observing Mind and Acceptance
- *Mindfulness
- *Values
- *Taking Action

Improving Your Mood

- *Overview of Depression
- *Behavioral Activation
- *Make and Activation Plan and Identifying Values
- *Achieving Flow and Identifying Strengths
- *Avoidance and Depression Traps
- *Problem Solving
- *Life Balance and Relapse Prevention

Calming your Anxiety

- *Understanding Anxiety and Worry
- *Relaxation and Anxiety Reduction
- *Thoughts, Assumptions, and Core Beliefs
- *Mindfulness
- *Facing your Fears
- *Lifestyle Factors
- *Anxiety Review

Evaluating my Alcohol and Drug Use

- * Do I Need to Do Something About My Alcohol or Drug Use?
- *Making Decisions about your Alcohol or Drug Use

Coping Through Coronavirus

Interpersonal Relationships and Communication

- *Managing Anger
- *Communication Strategies
- *Relationships
- *Communication Styles
- *Problem Solving

Leave your Blues Behind

- *Overview of Depression
- *Feelings and Thoughts
- *Understanding Stress and Relaxation
- *Unhealthy and Healthy Thoughts
- *Layers of Thinking
- *Core Beliefs
- *Relationships, Lifestyle, and Problem Solving
- *Relapse Prevention

Recovery Skills and Topics

- *Coping with Cravings
- *Refusal Skills and Social Support in Recovery
- *Recovering from a Lapse or Relapse
- *Overcoming Guilt and Shame
- *Managing Finances in Recovery
- *Time Management in Recovery
- * Identifying Core Values in Recovery

Pain Management

- *Understanding Pain
- *Managing Pain and Lifestyle Factors
- *Cognitive Strategies for Pain Management
- * Meditation for Pain
- *Act for Pain Management

Mindfully Walking Mindfulness Exercise (4:01)

Take a Vacation In Your Mind - Guided Imagery (8:25)

Deep Breathing (3:30)

Mindful Examination of a Leaf (2:02)

Mindful Eating (3:27)

Mindful Breathing #1 (2:46)

Mindful Breathing #2 (3:49)

Mindful Awareness Exercise (3:04)

Letting Go (10:52)

Notice Yourself (6:14)

Observing Thoughts Exercise (2:20)

States of Flow (2:07)

Meditation for Pain #1 (5:45)

Meditation for Pain #2 (5:06)

Meditation for Pain #3 (2:34)

Meditation on Body Acceptance (12:18)

Loving Kindness Meditation (12:41)

Finding Your Happy Place (6:22)

Light as a Feather (5:46)

Meditation for Intrusive Thoughts (11:44)

Breathe in Peace and Energy (4:34)

Positive In, Negative Out (5:14)

Meditation for Restful Sleep (5:16)



Evidence-Based Behavioral Health Content Available for your learners

TAO content is assignable with completion verification and provides real-time facilitator dashboards.

Sign up in self-help at this URL:

US

<https://us.taoconnect.org/register>

Canada

<https://ca.taoconnect.org/register>