


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
- 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

- Causes of Anxiety and Unhelpful Practices
- Unhelpful Thoughts
- Challenging Thoughts
- Deep Breathing



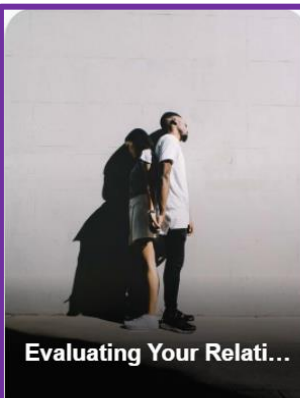
CBT for Depression

- Understanding Depression
- Causes of Depression
- Overcoming Depression
- Layers of Thinking



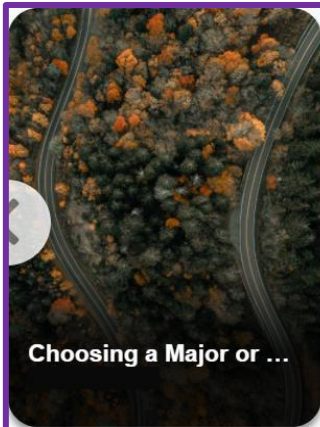
General Stress

- Getting Stuck in Our Thoughts
- Fusion and Defusion
- Defusion Strategies
- Thinking Mind vs Observing Mind



Evaluating Your Relati...

- Relationships
- Problem Solving Model
- Understanding and Avoiding Drama in Relationships
- Letting Go

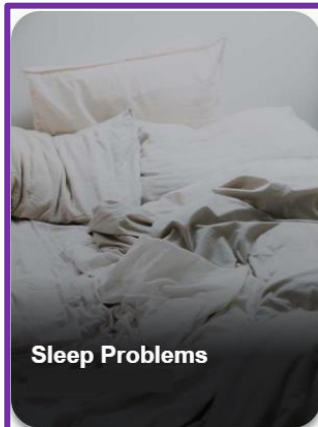


Choosing a Major or ...

Defining Your Values

Getting Stuck in Our Thoughts

Fusion and Defusion



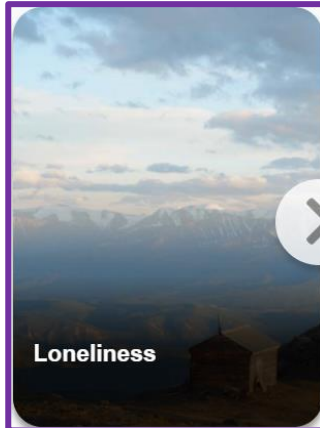
Sleep Problems

Meditation for Restful Sleep

Physical Exercise and Sleep Habits

Guided Imagery

Meditation for Intrusive Thoughts

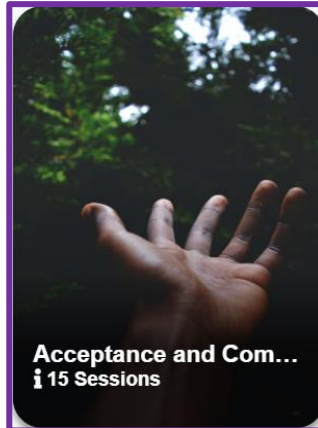


Loneliness

Overcoming Loneliness

Recognizing Depression Traps

Improving Awareness and Understanding



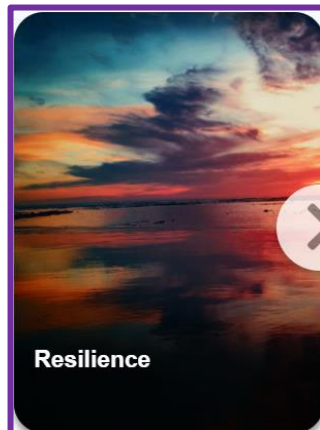
Acceptance and Com...
15 Sessions

Acceptance

Defining Thoughts, Assumptions, and Core Beliefs

Unhelpful Thoughts

Challenging Core Beliefs



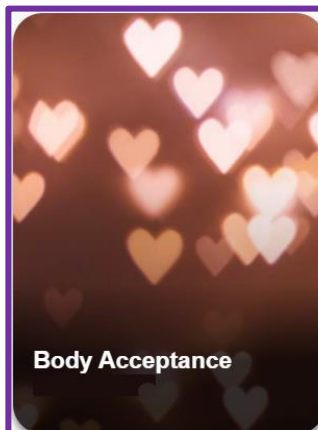
Resilience

Fusion and Defusion

Defusion Strategies

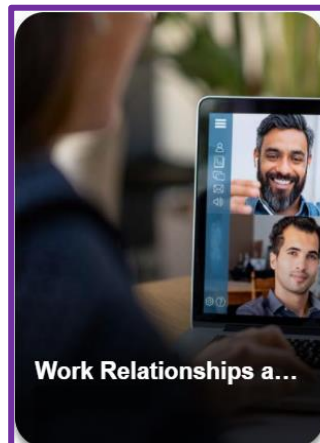
Acceptance

Relaxation



Body Acceptance

Meditation on Body Acceptance



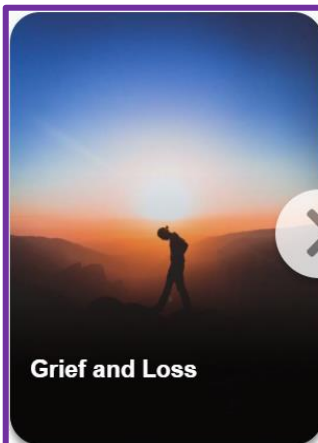
Work Relationships a...

Communication Strategies

Understanding and Avoiding Drama in Relationships

Managing Anger

Goal Setting

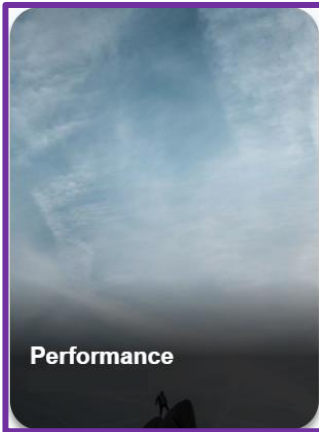


Grief and Loss

Recognizing Depression Traps

Improving Awareness and Understanding

Sources of Well-Being




Performance

- Flow
- Strengths
- Problem Solving Model



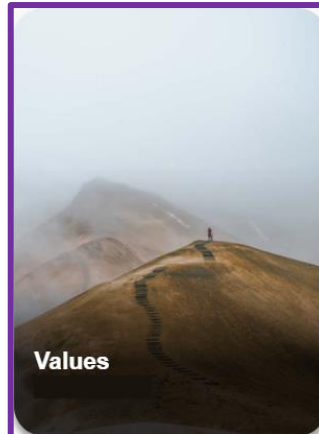
Perfectionism

- Overcoming Perfectionism
- Getting Stuck in Our Thoughts
- The Cognitive Response System



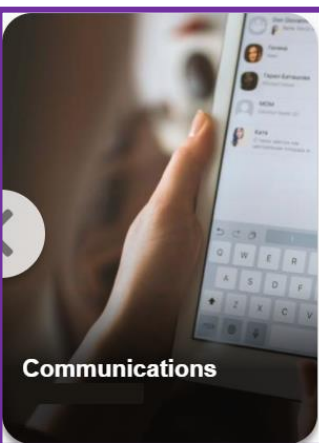
Strengths

- Strengths
- Flow



Values

- ACT: Values
- Defining Your Values




Communications

- Communication Strategies
- Different Types of Communication
- Managing Anger
- Thinking Habits



Conflict and Anger Ma...

- Managing Anger
- Communication Strategies
- Unhelpful Thoughts
- Challenging Thoughts



Empty Nest Stress

- Getting Stuck in Our Thoughts
- Fusion and Defusion



Interpersonal Functio...

- Different Types of Communication
- Communication Strategies
- Positive In, Negative Out



Financial Stress

Managing Finances in Recovery
Setting Priorities
Obstacles to Effective Time Management



Navigating Disabilities...

Challenging Thoughts
Challenging Assumptions
Challenging Core Beliefs
Progressive Muscle Relaxation



**Veterans and Active D...
5 Sessions**

What is Anxiety?
Managing Anger
Communication Strategies
Thinking Mind vs Observing Mind



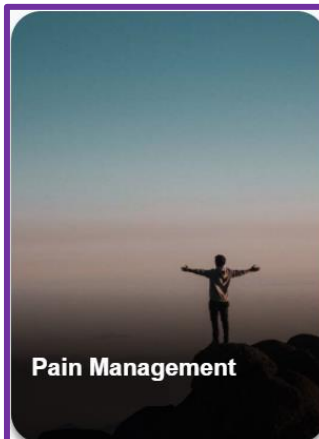
Mindfulness

Mindfulness
Mindfulness Tips
ACT: Mindfulness
Mindful Eating



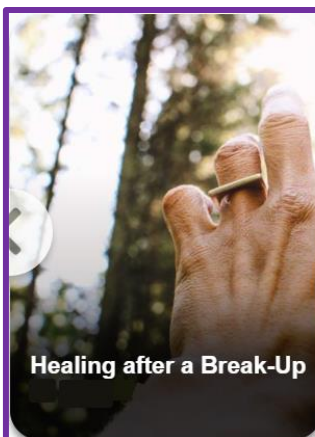
Medication Compliance

Sources of Well-Being
Improving Awareness and Understanding
Basics of Pain
Recognizing and Changing Negative Thoughts



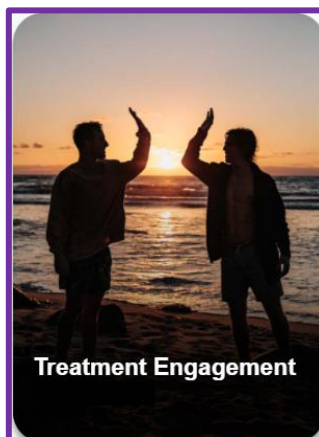
Pain Management

Basics of Pain
Medications and Pain
Managing Pain and Lifestyle Factors
Alternative Medical Treatments



Healing after a Break-Up

Feelings and Thoughts
Layers of Thinking
Social Support
Unhealthy and Healthy Thoughts



Treatment Engagement

Facing Fears
Exposure



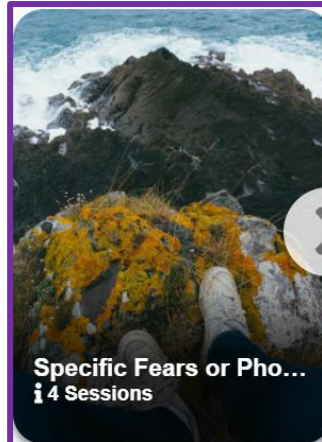
Relaxation Strategies
Sources of Well-Being
Social Support
Motivation



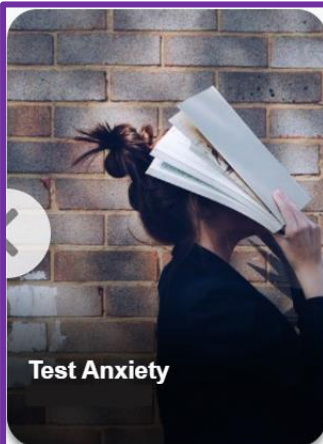
What is Anxiety?
Facing Fears
Deep Breathing
Relaxation



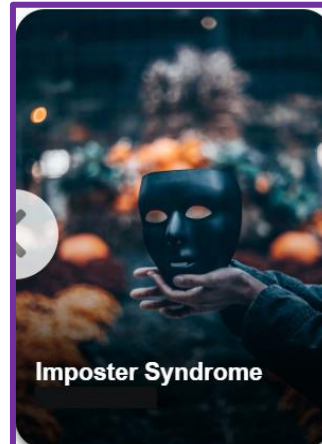
Causes of Anxiety and Unhelpful Practices
Progressive Muscle Relaxation
Defining Thoughts, Assumptions, and Core Beliefs



Facing Fears
Exposure
Meditation for Intrusive Thoughts



Positive In, Negative Out
Meditation for Intrusive Thoughts
Exposure
Facing Fears



Defining Thoughts, Assumptions, & Core Beliefs
Unhelpful Thoughts
Challenging Thoughts
Challenging Assumptions



Activation Plan
Recognizing Depression Traps
Sources of Well-Being
TRAC

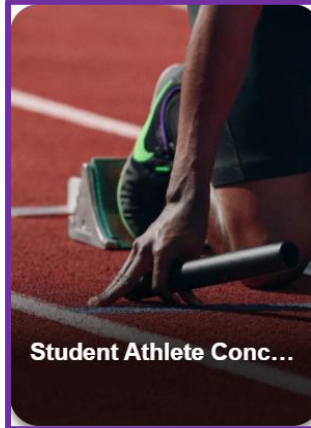


Causes of Anxiety and Unhelpful Practices
Overcoming Depression
Stress and Depression



Parenting and Caregiv...

The Six Core Principles of ACT
Problem Solving Model
Thinking Habits
Letting Go



Student Athlete Conc...

Progressive Muscle Relaxation
Relaxation
Strengths
Reducing the Negative Impact of Pain



Recovery Skills and T...

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



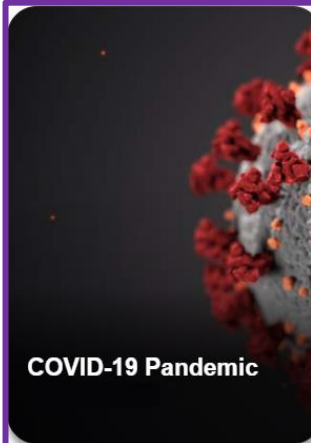
Substance Use Sancti...

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



Autism Spectrum Dis...

Different Types of Communication
Communication Strategies
Relationships
Problems



COVID-19 Pandemic

Coping with Pandemic Trauma
Coping Through Coronavirus
Physical Exercise and Sleep Habits
Stress and Depression

When You're Done.....

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