


# 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://ca.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:
  - <ca.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



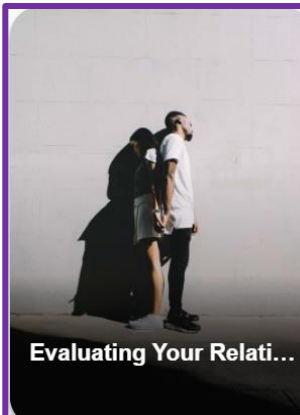
**CBT for Depression**

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



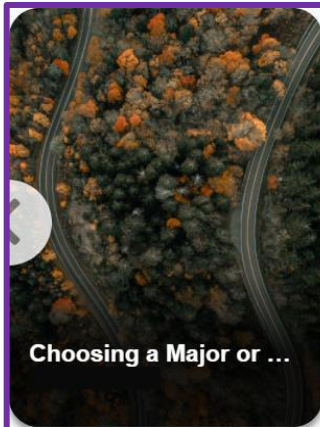
**General Stress**

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



**Evaluating Your Relati...**

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



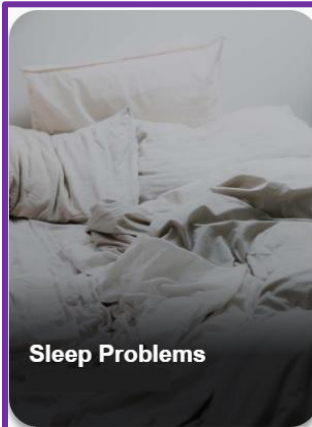
Choosing a Major or ...

Getting Stuck in Our Thoughts

ACT: Values

Problem Solving

Thinking Mind vs Observing Mind



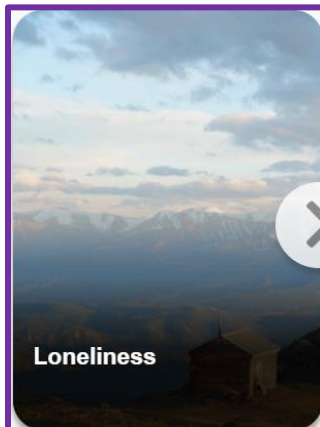
Sleep Problems

Physical Exercise and Sleep Habits

Relaxation

Meditation for Intrusive Thoughts

Meditation for Restful Sleep



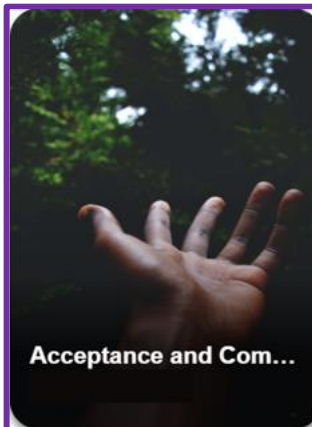
Loneliness

Sources of Well Being

Improving Awareness and Understanding

Activation Plan

Different Types of Communication



Acceptance and Com...

Getting Stuck in Our Thoughts

Thinking Mind vs. Observing Mind

Acceptance

The Cognitive Response System

Relaxation



Resilience

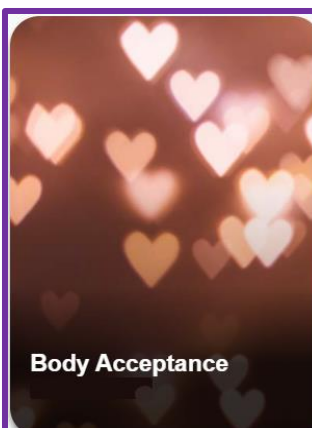
Getting Stuck in Our Thoughts

The Cognitive Response System

Relaxation

Mindfulness

Lifestyle Factors



Body Acceptance

Meditation on Body Acceptance



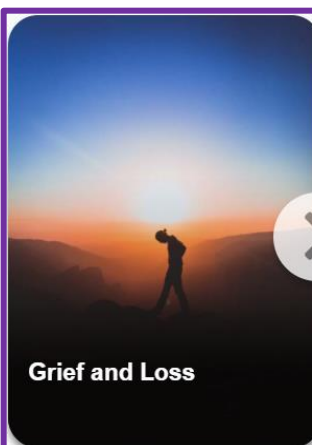
Work Relationships a...

Managing Anger

Understanding and Avoiding Drama in Relationships

Communication Strategies

Different Types of Communications

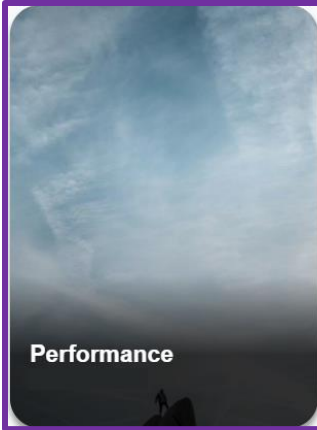


Grief and Loss

Sources of Well-Being

Recognizing Depression Traps

Behavioral Activation: Thinking Habits



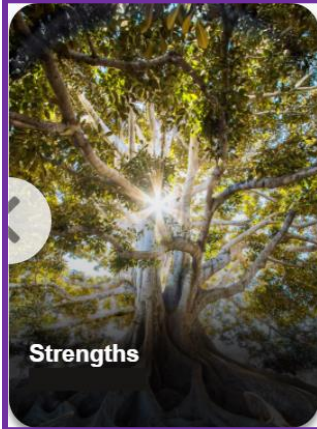
**Performance**

Flow  
Strengths  
Problem-Solving Model



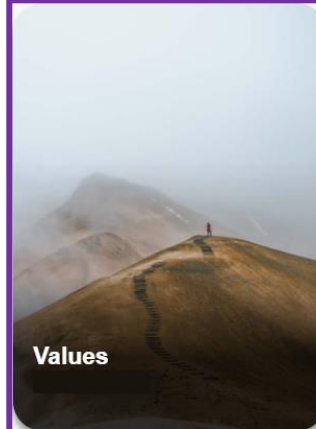
**Perfectionism**

What is Anxiety?  
Getting Stuck in Our Thoughts  
Mindfulness



**Strengths**

Flow  
Strengths



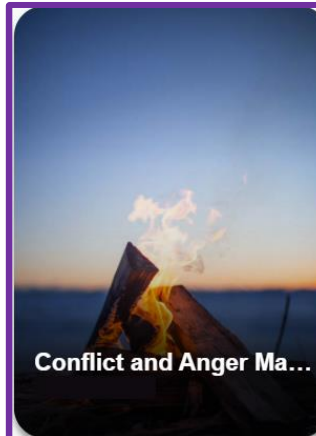
**Values**

ACT: Values  
Defining Your Values



**Communications**

Communication Strategies  
Different Types of Communication  
Managing Anger  
Thinking Habits  
Relationships



**Conflict and Anger Ma...**

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 Functio...**

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...**

Challenging Thoughts  
Problem Solving Model  
Thinking Habits  
Relaxation  
Guided Imagery



**Veterans and Active D...**

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



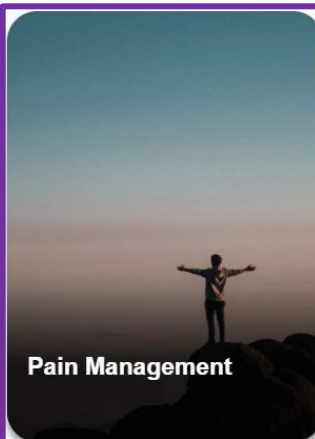
**Mindfulness**

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



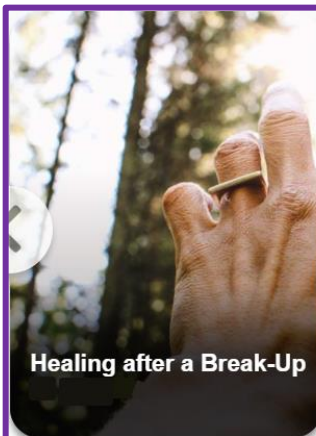
**Medication Compliance**

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



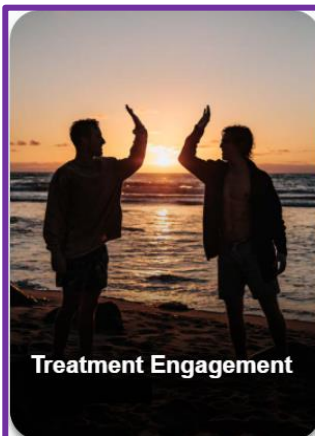
**Pain Management**

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



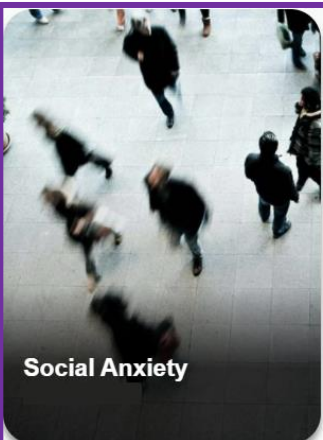
**Burnout**

- Sources of Well-Being
- Relaxation Strategies
- CBT: Lifestyle Factors
- Social Support



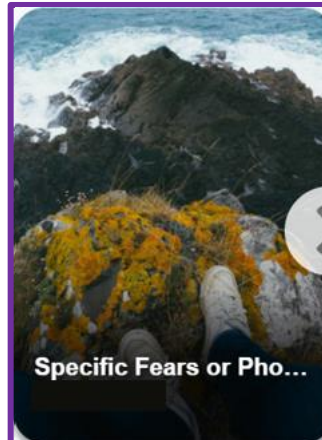
**Performance Anxiety**

- What is Anxiety?
- Facing Fears
- Exposure
- Meditation for Intrusive Thoughts



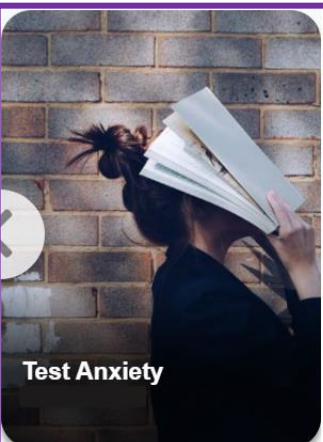
**Social Anxiety**

- The Cognitive Response System
- Relaxation
- Unhelpful Thoughts
- Challenging Thoughts



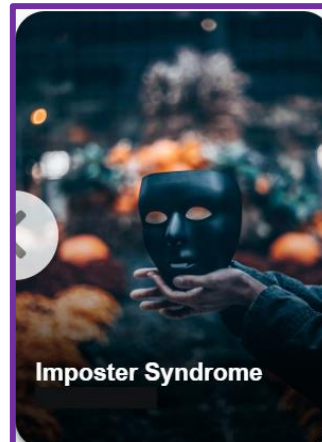
**Specific Fears or Pho...**

- 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 ...**

- Sources of Well-Being
- Recognizing Depression Traps
- Overcoming Depression



**Combined Anxiety an...**

- Causes of Anxiety and Unhelpful Practices
- Overcoming Depression
- Stress and Depression
- Social Support



Parenting and Caregiv...

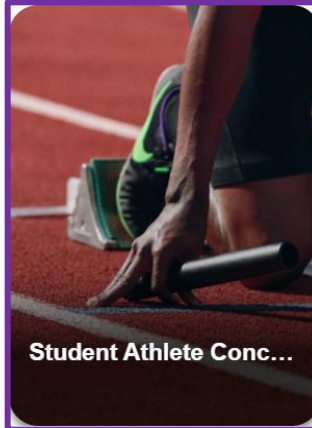
Getting Stuck in Our Thoughts

Defusion Strategies

Acceptance

Problem Solving Model

Thinking Habits



Student Athlete Conc...

Flow

Strengths

Relaxation

Progressive Muscle Relaxation

Deep Breathing



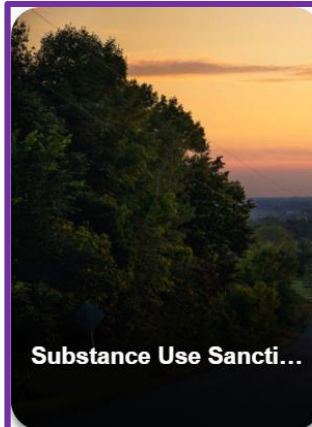
Recovery Skills and T...

Coping with Cravings

Recovering from a Lapse or Relapse

Maximizing Your Odds at Success

Overcoming Guilt and Shame



Substance Use Sancti...

Evaluating Alcohol and Drug Use

Making Decisions About Your Alcohol or Drug Use

Building a Social Support Safety Net



Autism Spectrum Dis...

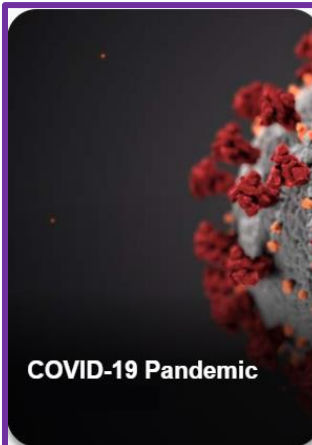
Different Types of Communication

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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