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

Managing Anger
Communication Strategies
Unhelpful Thoughts
Challenging Thoughts

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

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

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

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

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

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

Choosing a Major or ...

Work Relationships a...

General Stress

Resilience

COVID-19 Pandemic

Autism Spectrum Dis...