

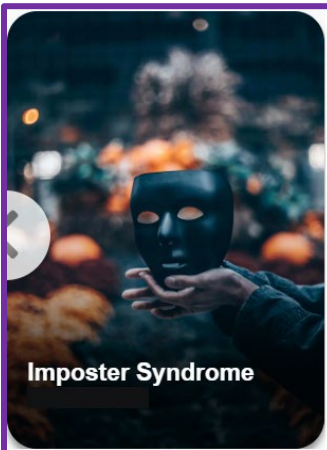
WANT TO FEEL BETTER *now?*

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!

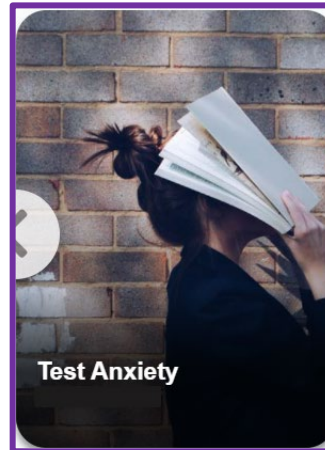
TAO Quick Start:

- 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.



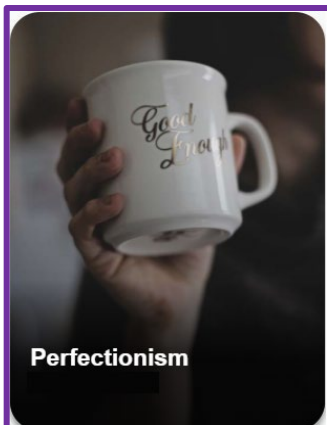
Imposter Syndrome

- Unhelpful Thoughts
- Challenging Thoughts
- Mindfulness



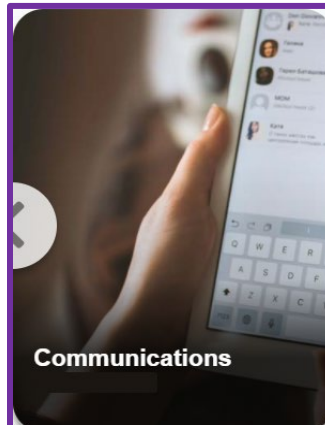
Test Anxiety

- Facing Fears
- Exposure
- Observing Thoughts Exercise
- Meditation for Intrusive Thoughts



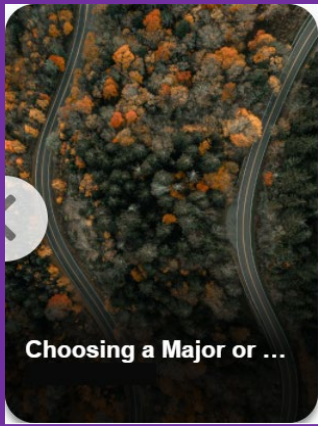
Perfectionism

- What is Anxiety?
- Getting Stuck in Our Thoughts
- Mindfulness



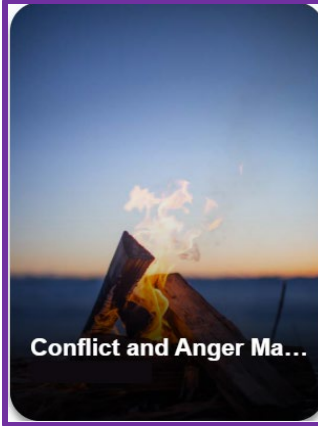
Communications

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



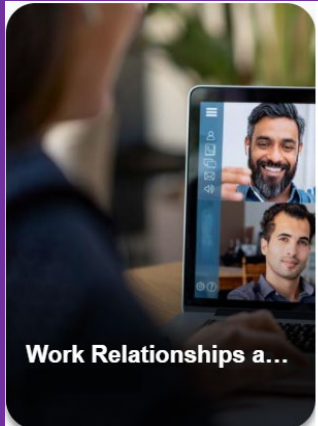
Choosing a Major or ...

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



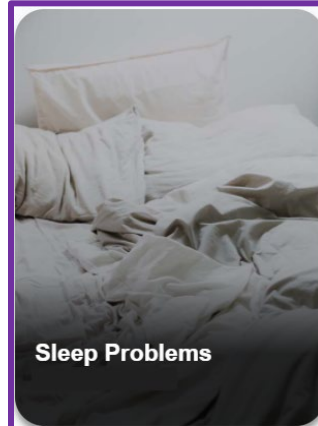
Conflict and Anger Ma...

Managing Anger
Communication Strategies
Unhelpful Thoughts
Challenging Thoughts



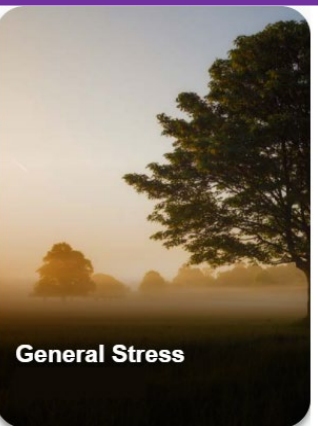
Work Relationships a...

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



Sleep Problems

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



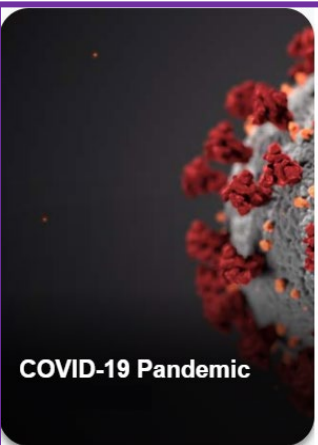
General Stress

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



Resilience

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



COVID-19 Pandemic

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



Autism Spectrum Dis...

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