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](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](https://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.
Defining Your Values
Getting Stuck in Our Thoughts
Fusion and Defusion

Meditation for Restful Sleep
Physical Exercise and Sleep Habits
Guided Imagery
Meditation for Intrusive Thoughts

Overcoming Loneliness
Recognizing Depression Traps
Improving Awareness and Understanding

Acceptance
Defining Thoughts, Assumptions, and Core Beliefs
Unhelpful Thoughts
Challenging Core Beliefs

Fusion and Defusion
Defusion Strategies
Acceptance
Relaxation

Meditation on Body Acceptance

Communication Strategies
Understanding and Avoiding Drama in Relationships
Managing Anger
Goal Setting

Recognizing Depression Traps
Improving Awareness and Understanding
Sources of Well-Being

Choosing a Major or...
Sleep Problems
Acceptance and Communication 15 Sessions
Resilience
Body Acceptance
Grief and Loss
Work Relationships
Getting Stuck in Our Thoughts
Fusion and Defusion

Overcoming Perfectionism
Getting Stuck in Our Thoughts
The Cognitive Response System

Strengths
Flow

ACT: Values
Defining Your Values

Communication Strategies
Different Types of Communication
Managing Anger
Thinking Habits

Managing Anger
Communication Strategies
Unhelpful Thoughts
Challenging Thoughts

Getting Stuck in Our Thoughts
Fusion and Defusion

Different Types of Communication
Communication Strategies
Positive In, Negative Out

Empty Nest Stress

Interpersonal Functioning
Managing Finances in Recovery
Setting Priorities
Obstacles to Effective Time Management

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

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

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

Challenging Thoughts
Challenging Assumptions
Challenging Core Beliefs
Progressive Muscle Relaxation

Mindfulness
Mindfulness Tips
ACT: Mindfulness
Mindful Eating

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

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

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

Different Types of Communication
Communication Strategies
Relationships Problems

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

Progressive Muscle Relaxation
Relaxation
Strengths
Reducing the Negative Impact of Pain

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

Student Athlete Conc...

Recovery Skills and T...

Autism Spectrum Dis...