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.
Managing Finances
Setting Priorities
Obstacles to Effective Time Management

Challenging Thoughts
Problem Solving Model
Thinking Habits
Relaxation
Guided Imagery

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

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

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

The Basics of Pain
Managing Pain and Lifestyle Factors
Reducing the Negative Impact of Pain
Meditation for Pain

Feelings and Thoughts
Relaxation Strategies
Unhealthy and Healthy Thoughts

Facing Fears
Exposure
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When You’re Done……

- Click “Browse All Content” in the left navigation pane to search for new content.

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