

TAO BRIEF SINGLE SESSIONS REFERRAL GUIDE

CHOOSE CONTENT BY TOPIC OR CONCERN

Single sessions provide learners with a quick activity or lesson to help cope in the moment. Here are the top-rated exercises per topic or concern. The session names are hyperlinked so that clicking on them will bring you directly to the session in TAO.

*Document is sorted by Topic Categories. You can also do Ctrl F or Command F on your keyboard to find a topic or concern.

ANXIETY, WORRY, SPECIFIC FEARS

General Anxiety	The Cognitive Response System	CBT
	Causes of Anxiety and Unhelpful Practices	CBT
	Relaxation	CBT
	Unhelpful Thoughts	CBT
	Challenging Thoughts	CBT
Social Anxiety	The Cognitive Response System	CBT
	Relaxation	CBT
	Unhelpful Thoughts	CBT
	Challenging Thoughts	CBT
Performance Anxiety	What is Anxiety?	CBT
	Facing Fears	CBT
	Exposure	CBT
	Meditation for Intrusive Thoughts	Mindfulness Exercise

Test Anxiety	Facing Fears	CBT
	Exposure	CBT
	Observing Thoughts Exercise	Mindfulness Exercise
	Meditation for Intrusive Thoughts	Mindfulness Exercise
Burnout	Sources of Well Being	BA
	Relaxation Strategies	CBT - Depression with Anxiety
	CBT: Lifestyle Factors	CBT - Depression with Anxiety
	Social Support	CBT - Depression with Anxiety
Specific Fears or Phobias	Facing Fears	CBT
	Exposure	CBT
	Observing Thoughts Exercise	Mindfulness Exercise
	Meditation for Intrusive Thoughts	Mindfulness Exercise
Combined Anxiety and Depression	Causes of Anxiety and Unhelpful Practices	CBT
	Overcoming Depression	ACT, BA, CBT
	Stress and Depression	CBT - Depression with Anxiety

	Relaxation Strategies	CBT - Depression with Anxiety
	CBT: Lifestyle Factors	CBT - Depression with Anxiety
	Social Support	CBT - Depression with Anxiety

DEPRESSION

Combined Anxiety and Depression	Causes of Anxiety and Unhelpful Practices	CBT
	Overcoming Depression	ACT, BA, CBT
	Stress and Depression	CBT - Depression with Anxiety
	Relaxation Strategies	CBT - Depression with Anxiety
	CBT: Lifestyle Factors	CBT - Depression with Anxiety
	Social Support	CBT - Depression with Anxiety
CBT for Depression	Understanding Depression	ACT, BA, CBT - Depression with Anxiety
	Causes of Depression	ACT, BA, CBT - Depression with Anxiety
	Overcoming Depression	ACT, BA, CBT - Depression with Anxiety

	Relaxation Strategies	CBT - Depression with Anxiety
	Observing Thoughts Exercise	Mindfulness Exercise
	Positive In, Negative Out	Mindfulness Exercise
Behavioral Activation for Depression	Sources of Well Being	BA
	Recognizing Depression Traps	BA
	Overcoming depression	ACT, BA, CBT - Depression with Anxiety
Acceptance and Commitment for Depression, Sadness, Discouragement	Getting Stuck in Our Thoughts	ACT
	Thinking Mind vs. Observing Mind	ACT
	Acceptance	ACT
	The Cognitive Response System	CBT
	Relaxation	CBT
	Challenging Thoughts	CBT

STRESS AND COPING WITH STRESSFUL SITUATIONS

General Stress	Getting Stuck in Our Thoughts	ACT
	The Cognitive Response System	CBT
	Relaxation	CBT
	Progressive Muscle Relaxation	CBT

	Deep Breathing	CBT
	Guided Imagery	CBT
	Challenging Thoughts	CBT
Choosing a Major or Occupation Change	Getting Stuck in Our Thoughts	ACT
	ACT: Values	ACT
	Defining your Values	ACT
	Problem Solving	CBT
Healing After a Break-Up	Feelings and Thoughts	CBT - Depression with Anxiety
	Relaxation Strategies	CBT - Depression with Anxiety
	Unhealthy and Healthy Thoughts	CBT - Depression with Anxiety
Grief and Loss	Sources of Well Being	BA
	Recognizing Depression Traps	BA
	Behavioral Activation: Thinking Habits	BA
Financial Stress	Managing Finances in Recovery	Recovery Skills and Topics
Parenting and Caregiving Stress	Getting Stuck in Our Thoughts	ACT
	Defusion Strategies	ACT
	Acceptance	ACT
	Problem Solving Model	Interpersonal Relationships and Communication
	Thinking Habits	Interpersonal Relationships and Communication
Empty Nest Stress	Getting Stuck in Our Thoughts	ACT
	Acceptance	ACT
	Sources of Well Being	BA

	Improving Awareness and Understanding	BA
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RESILIENCE, GRIT, PERSONAL STRENGTH

Resilience	Getting Stuck in Our Thoughts	ACT
	The Cognitive Response System	CBT
	Relaxation	CBT
	Mindfulness	CBT
	Lifestyle Factors	CBT
Strengths	Flow	BA
	Strengths	BA
Values	ACT: Values	ACT
	Defining Your Values	ACT
Imposter Syndrome	Unhelpful Thoughts	CBT
	Challenging Thoughts	CBT
	Mindfulness	CBT
Perfectionism	What is Anxiety?	CBT
	Getting Stuck in Our Thoughts	ACT
	Mindfulness	CBT
Performance	Flow	BA
	Strengths	BA
	Problem-Solving Model	Interpersonal Relationships and Communication

RELATIONSHIPS AND COMMUNICATION

Interpersonal Functioning	<u>Managing Anger</u>	Interpersonal Relationships and Communication
	<u>Communication Strategies</u>	Interpersonal Relationships and Communication
	<u>Relationships</u>	Interpersonal Relationships and Communication
	<u>Different Types of Communication</u>	Interpersonal Relationships and Communication
	<u>Understanding and Avoiding Drama in Relationships</u>	Interpersonal Relationships and Communication
	<u>Problem Solving Model</u>	Interpersonal Relationships and Communication
	<u>Thinking Habits</u>	Interpersonal Relationships and Communication
	<u>Loving Kindness Meditation</u>	Mindfulness Exercise
	<u>Meditation for Intrusive Thoughts</u>	Mindfulness Exercise
	<u>Letting Go</u>	Mindfulness Exercise
Loneliness	<u>Sources of Well Being</u>	BA
	<u>Improving Awareness and Understanding</u>	BA
	<u>Activation Plan</u>	BA
	<u>Different Types of Communication</u>	Interpersonal Relationships and Communication
Conflict and Anger Management	<u>Managing Anger</u>	Interpersonal Relationships and Communication
	<u>Communication Strategies</u>	Interpersonal Relationships and Communication

	<u>Unhelpful Thoughts</u>	CBT
	<u>Challenging Thoughts</u>	CBT
Evaluating Your Relationships	<u>Relationships</u>	Interpersonal Relationships and Communication
	<u>Problem Solving Model</u>	Interpersonal Relationships and Communication
	<u>Thinking Habits</u>	Interpersonal Relationships and Communication
	<u>Understanding and Avoiding Drama in Relationships</u>	Interpersonal Relationships and Communication
	<u>Letting Go</u>	Mindfulness Exercise
	<u>Meditation for Intrusive Thoughts</u>	Mindfulness Exercise
	<u>Loving Kindness Meditation</u>	Mindfulness Exercise
Work Relationships and Communication	<u>Managing Anger</u>	Interpersonal Relationships and Communication
	<u>Understanding and Avoiding Drama in Relationships</u>	Interpersonal Relationships and Communication
	<u>Communication Strategies</u>	Interpersonal Relationships and Communication
	<u>Different Types of Communication</u>	Interpersonal Relationships and Communication
Communications	<u>Communication Strategies</u>	Interpersonal Relationships and Communication
	<u>Different Types of Communication</u>	Interpersonal Relationships and Communication

	<u>Understanding and Avoiding Drama in Relationships</u>	Interpersonal Relationships and Communication
	<u>Managing Anger</u>	Interpersonal Relationships and Communication
	<u>Thinking Habits</u>	Interpersonal Relationships and Communication
	<u>Relationships</u>	Interpersonal Relationships and Communication

HEALTH RELATED CONCERNS

Sleep Problems	<u>Physical Exercise and Sleep Habits</u>	CBT
	<u>Relaxation</u>	CBT
	<u>Meditation for Intrusive Thoughts</u>	Mindfulness Exercise
	<u>Letting Go</u>	Mindfulness Exercise
Body Acceptance	<u>Meditation on Body Acceptance</u>	Mindfulness Exercise
Pain Management	<u>The Basics of Pain</u>	Pain Management
	<u>Managing Pain and Lifestyle Factors</u>	Pain Management
	<u>Reducing the Negative Impact of Pain</u>	Pain Management
	<u>Meditation for Pain</u>	Pain Management
Medication Compliance	<u>Sources of Well Being</u>	BA
	<u>Improving Awareness and Understanding</u>	BA
	<u>The Basics of Pain</u>	Pain Management
	<u>Managing Pain and Lifestyle Factors</u>	Pain Management
Treatment Engagement	<u>Facing Fears</u>	CBT

	<u>Exposure</u>	CBT
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SUBSTANCE USE

Evaluating Alcohol and Drug Use (Early Intervention)	<u>Evaluating Alcohol & Drug Use</u>	Motivational Interviewing
	<u>Making Decisions About Your Alcohol or Drug Use</u>	Motivational Interviewing
Recovery Skills and Topics (Substance Dependence Recovery)	<u>Coping with Cravings</u>	Recovery Skills and Topics
	<u>Recovering from a Lapse or Relapse</u>	Recovery Skills and Topics
	<u>Maximizing Your Odds at Success: Preparing to Say “No”</u>	Recovery Skills and Topics
	<u>Building a Social Support Safety Net</u>	Recovery Skills and Topics
	<u>Overcoming Guilt and Shame</u>	Recovery Skills and Topics
	<u>Managing Finances in Recovery</u>	Recovery Skills and Topics
	<u>Setting Priorities</u>	Recovery Skills and Topics
	<u>Obstacles to Effective Time Management</u>	Recovery Skills and Topics
	<u>Recovery Skills: Values</u>	Recovery Skills and Topics
	<u>Managing Anger</u>	Interpersonal Relationships and Communication
	<u>Problem Solving Model</u>	Interpersonal Relationships and Communication
	<u>Thinking Habits</u>	Interpersonal Relationships and Communication