

SUCCESS & WELLNESS LIBRARY

POWERED BY
 **TAO**
Optimizing Mental Health for All

BUILDING RESILIENCE, EMPOWERING MINDS

These assignable modules are designed to help students develop essential life and mental health skills that will enable them to cope with stress, anxiety, and other challenges. Students will learn how to develop resilience by cultivating positive thinking, managing their emotions, and adapting to change.

Through a series of challenging yet achievable assignments, students will develop a deeper understanding of themselves and their mental health needs, equipping them with the tools they need to thrive in today's challenging world.

TAO content has been created by psychotherapists to provide evidence-based skills education for clients and has been supporting learners across the continent since 2014.

Incorporating these sessions into curriculum effectively:

- Teaches life skills to support a successful academic career
- Removes stigma where required of all learners
- Attaches learners to the self-help side of TAO
- And provides anonymous online access without ads

By investing in programs and interventions that support student mental health and wellbeing, colleges and universities can improve retention rates and help students achieve their educational goals. This can result in higher graduation rates, which can have a positive impact on the institution's reputation and lead to higher earning potential and better job opportunities.

WHEN WE ASKED OUR PARTICIPANTS
ABOUT TAO,

90.08%

OF RESPONDENTS
PROVIDED A
SPECIFIC REASON
THAT THEY
BENEFITTED FROM
THE PLATFORM

90.15%

OF RESPONDENTS
REPORT THAT TAO
IS "SOMEWHAT
HELPFUL" TO
"VERY HELPFUL"

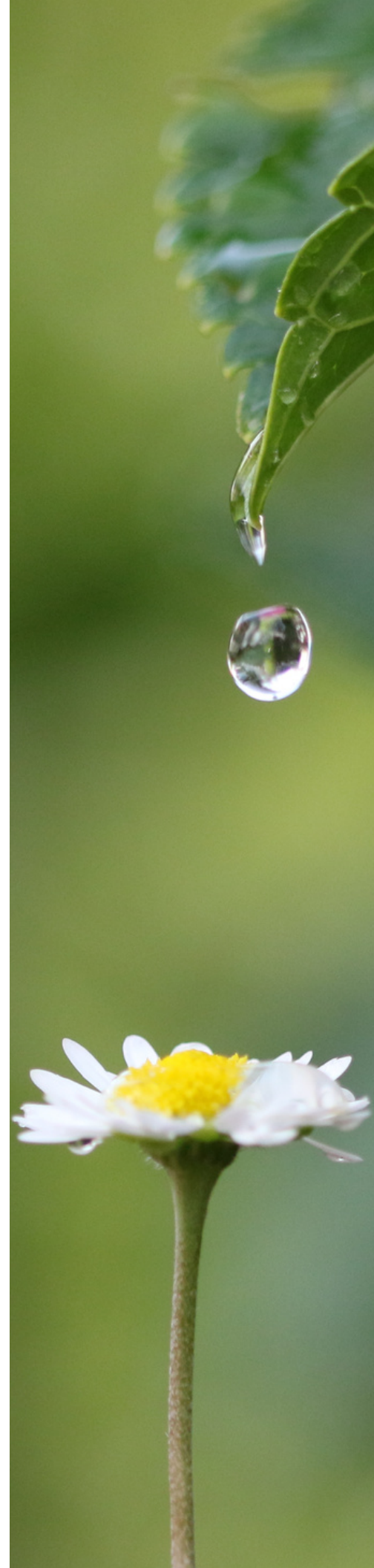
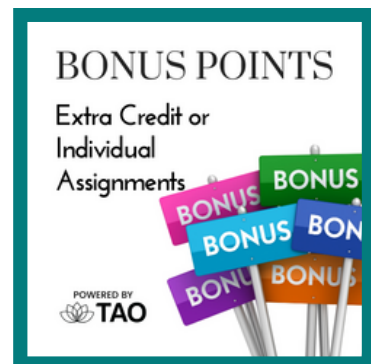
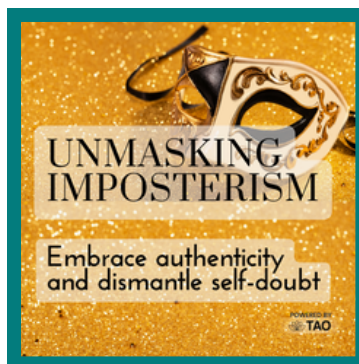
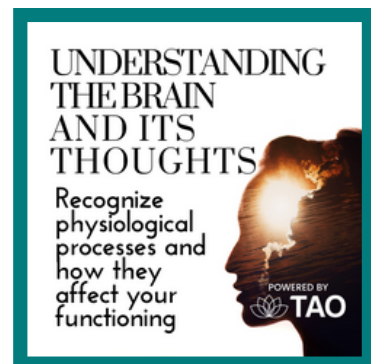


TABLE OF CONTENTS:

Click on a tile to see the content. Bonus Content is two pages of options.



FIRST YEAR TOOLKIT

ADAPTING TO CHANGE

featuring six evidence-based sessions specifically designed to help learners gain skills to handle the transition and respond positively to the challenges inherent in a new chapter of their lives.



Physical Exercise and Sleep Habits (10 minutes +/-)

After completing this session, you will be able to:

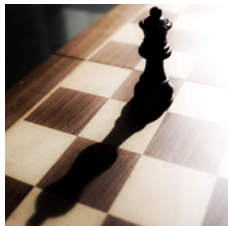
- Recognize how physical exercise influences anxiety
- Recognize the benefits of good sleep habits
- Change your sleep environment to make it more sleep friendly



Obstacles to Effective Time Management (20 minutes +/-)

After completing this session, you will be able to:

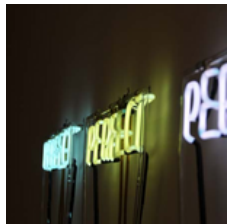
- Identify obstacles that interfere with managing time efficiently
- Learn strategies to remove obstacles to time management
- Identify which obstacles you find yourself doing



Problem Solving Model (25 minutes +/-)

After completing this session, you will be able to:

- Learn a 4-step problem solving model
- Recognize what you can and can't change



Overcoming Perfectionism (11 minutes +/-)

After completing this session, you will be able to:

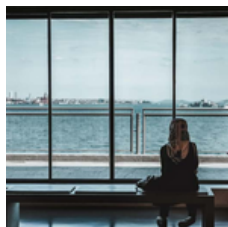
- Understand what negative perfectionism is
- Understand ways of changing perfectionistic thinking



Social Support (10 minutes +/-)

After completing this session, you will be able to:

- Understand how relationships and social connections help keep you connected with life
- Understand how relationships and social connections overcome problems.



Overcoming Loneliness (11 minutes +/-)

After completing this session, you will be able to:

- Learn about the negative health impact of loneliness and isolation
- Learn some strategies for re-engaging socially

DE-STRESS SUCCESS

The content in this module features six evidence-based sessions specifically designed to add stress reduction skills to a learners resumé, hopefully pre-need. This module includes concrete skill building instruction and practice. This includes learning about lifestyle factors that affect stress, mindfulness, and different effective techniques to reduce stress.

Roughly 1 hour 35 minutes



Relaxation (15 minutes +/-)

After completing this session, you will be able to:

- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response



Mindfulness Tips (10 minutes +/-)

After completing this session, you will be able to:

- After completing this session, you will be able to demonstrate and understanding of mindfulness, evaluate mindfulness in your life and apply mindfulness in your life.



Progressive Muscle Relaxation (15 minutes +/-)

After completing this session, you will be able to:

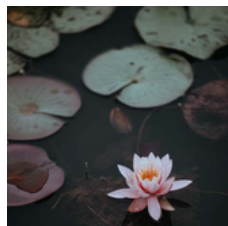
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation



Guided Imagery (20 minutes +/-)

After completing this session, you will be able to:

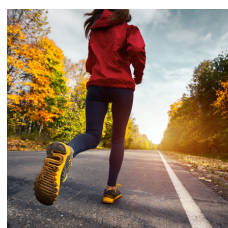
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises



Deep Breathing (10 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform deep breathing exercises



Lifestyle Factors (25 minutes +/-)

After completing this session, you will be able to:

- Recognize how lifestyle factors influence anxiety
- Face anxiety-provoking situations

CREATING YOUR COMMUNITY: MAKING CONNECTIONS

THE KEY: COMMUNICATION

The content in this module features five evidence-based sessions specifically designed to foster better communication and help you build strong relationships with those around you. Building your village can provide you with a sense of belonging and help you achieve your goals.



Communication Strategies (20 minutes +/-)

After completing this session, you will have learned:

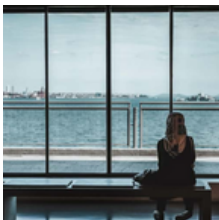
- Learn strategies to communicate more effectively
- Learn about 'I feel' Statements
- Learn about Listening-Reflecting (Listening to something and paraphrasing)
- Learn about communicating clearly online



Different Types of Communication (15 minutes +/-)

After completing this session, you will have learned:

- Learn to describe different types of communication: passive, passive-aggressive, aggressive, and assertive
- Learn to identify less helpful (passive, aggressive, and passive-aggressive communications) statements
- Learn to create assertive responses in a variety of situations



Overcoming Loneliness (11 minutes +/-)

In this session, you will:

- Learn about the negative health impact of loneliness and isolation
- Learn some strategies for re-engaging socially



Social Support (10 minutes +/-)

After completing this session, you will be able to:

- understand how relationships and social connections help keep you connected with life
- understand how relationships and social connections overcome problems.



Understanding & Avoiding Drama in Relationships (25 minutes +/-)

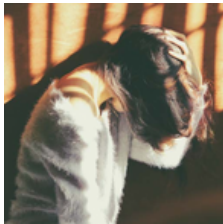
After completing this session, you will be able to:

- Describe the roles and relationships in the Karpman Drama Triangle model
- Identify times you have observed the roles in your life
- Know strategies to help avoid drama
- Improve communications in relationships

UNDERSTANDING THE BRAIN AND ITS THOUGHTS

The content in this module features five evidence-based sessions specifically designed to facilitate a better understanding of patterns of thinking that can be detrimental to our mental well-being and overall quality of life. This module includes content that has been shown to be effective in challenging and altering unhelpful thought patterns.

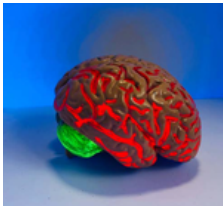
Roughly 1 hour 20 minutes



What is Anxiety? (15 minutes +/-)

After completing this session, you will be able to:

- Differentiate typical and problematic anxiety
- Recognize the physiological processes associated with anxiety
- Identify practices that exacerbate anxiety



The Cognitive Response System (15 minutes +/-)

After completing this session, you will be able to:

- Identify the fight-or-flight response
- Recognize the physiological indicators of anxiety



Unhelpful Thoughts (10 minutes +/-)

After completing this session, you will be able to:

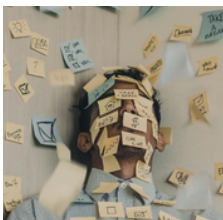
- Identify common unhelpful thoughts
- Evaluate the degree to which unhelpful thoughts play a role in your life



Challenging Thoughts (15 minutes +/-)

After completing this session, you will be able to:

- Review common unhelpful thoughts
- Practice challenging an unhelpful thought in your own life



Getting Stuck in Our Thoughts (25 minutes +/-)

After completing this session, you will:

- learn that everyone has a constant stream of thoughts running through their head
- know that what goes on in the inside is much messier than what they show on the outside

TIME MANAGEMENT

Time management skills are vital for academic success as they enable learners to efficiently allocate time to study, complete assignments, and prepare for exams. This content will help you identify and address barriers to effective time management in your life and teach you how to use a SMART goal strategy. Effective time management enhances productivity, reduces stress, and ensures that students meet deadlines, ultimately leading to better academic performance and overall well-being.



Setting Priorities (30 minutes +/-)

After completing this session, you will be able to:

- Learn to set priorities for better time management
- Learn how to make better use of time



Addressing Time Management Challenges (5 minutes +/-)

After completing this session, you will be able to:

- Learn common challenges to effective time management
- Learn effective strategies to overcome common barriers to time management



Setting SMART Goals (5 minutes +/-)

After completing this session, you will be able to:

- Learn ways to identify and address barriers to effective time management
- Learn how to apply SMART goals effectively.

UNMASKING IMPOSTERISM

Often how we feel about ourselves doesn't match what others see in us. If you identify with this, you may feel as if you're faking your way through life, and fear being discovered. At its core, imposterism stems from unhelpful ways we think about ourselves. These sessions focus on examining and modifying the way we think and feel.



Fast Facts About Imposterism (6 minutes +/-)

After completing this session, you will be able to:

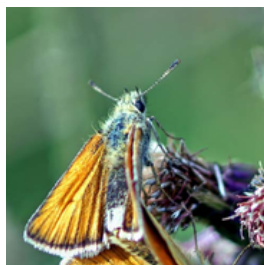
- Understand signs of imposterism.
- Recognize that imposterism is common.
- Identify situations in which imposterism is more likely.
- Describe the cycle of imposterism.



Strategies to Address Imposterism (8 minutes +/-)

After viewing this session, you will be able to:

- Apply five strategies to address feelings of imposterism.
- Apply five strategies to manage imposterism.
- Identify two components of self-compassion.



Loving Kindness Meditation (12m)

This is a well-known type of meditation that is focused on increasing self-compassion as well as compassion and kindness for others. Use this regularly to improve your mood and reduce suffering in your life.

BONUS POINTS

This content allows flexibility for faculty to give TAO completions extra credit or bonus points where curriculum requirements are fixed. Learners can self-select content or faculty can assign specific sessions. As an example: Extra credit will be awarded on the final exam based on the number of sessions completed.

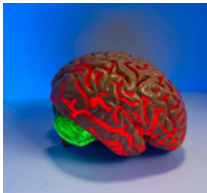
3-5 sessions = 1 EC point, 6-9 sessions = 2 EC point, 10-12 sessions = 3 EC point



Progressive Muscle Relaxation (15 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation



The Cognitive Response System (15 minutes +/-)

After completing this session, you will be able to:

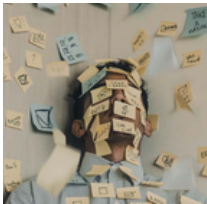
- Identify the fight-or-flight response
- Recognize the physiological indicators of anxiety



Problem Solving Model (25 minutes +/-)

After completing this session, you will have:

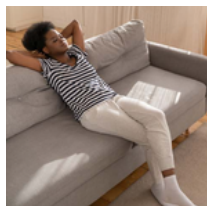
- Learned a 4-step problem solving model
- Recognized what you can and can't change



Getting Stuck in Our Thoughts (25 minutes +/-)

After completing this session, you will:

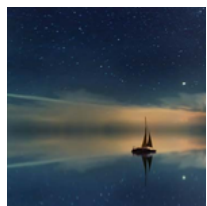
- learn that everyone has a constant stream of thoughts running through their head
- know that what goes on in the inside is much messier than what they show on the outside



Relaxation (15 minutes +/-)

After completing this session, you will be able to:

- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response

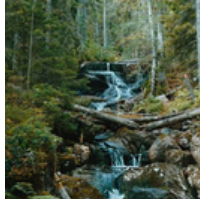


Guided Imagery (20 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises

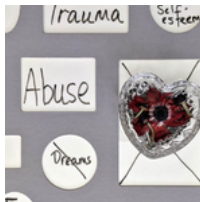
BONUS POINTS CONTINUED



Flow (15 minutes +/-)

After completing this session, you will be able to:

- understand flow
- experience flow



Primer on Trauma (15 minutes +/-)

After completing this session, you will have:

- learned some causes of trauma
- Identified symptoms of trauma
- learned ways of coping with traumatic experiences



Overcoming Perfectionism (11 minutes +/-)

After completing this session, you will:

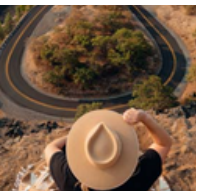
- understand what negative perfectionism is
- understand ways of changing perfectionistic thinking



Overcoming Loneliness (11 minutes +/-)

In this session, you will:

- learn about the negative health impact of loneliness and isolation
- learn some strategies for re-engaging socially



Unhealthy & Healthy Thoughts (5 minutes +/-)

After completing this session, you will be able to:

- understand the difference between healthy and unhealthy thoughts
- identify your own unhelpful thoughts
- learn ways to change unhelpful thoughts



Physical Exercise & Sleep Habits (10 minutes +/-)

After completing this session, you will be able to:

- recognize how physical exercise influences anxiety
- recognize the benefits of good sleep habits
- change your sleep environment to make it more sleep friendly