

SUCCESS & WELLNESS LIBRARY

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

BUILD RESILIENCE, EMPOWER MINDS

These specialized modules have been tailored to meet the unique needs of learners, aiming to empower them with indispensable life and mental health competencies crucial for navigating the demands of advanced education and beyond. Learners will acquire the skills necessary to effectively manage stress, anxiety, and other complex challenges. They will gain expertise in building resilience, fostering positive thinking, regulating emotions, and adapting to ever-changing circumstances. These acquired tools will equip them to not only excel academically but also to thrive in today's dynamic and demanding academic landscape.

TAO's educational content has been meticulously developed by experienced psychotherapists, offering evidence-based skills training to clients. This resource has been actively serving learners across the continent since 2014.

The integration of these sessions into curriculum is a strategic move that accomplishes several essential objectives:

- 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 prioritize the mental health and well-being of learners, colleges and universities can enhance retention rates and facilitate the achievement of educational aspirations. This commitment can ultimately lead to increased graduation rates, enhancing the institution's reputation and positioning graduates for improved earning potential and enhanced career opportunities.

WHEN WE ASKED OUR PARTICIPANTS
ABOUT TAO,

90.08%

OF RESPONDENTS
PROVIDED A SPECIFIC
REASON THAT THEY
BENEFITTED FROM TAO

90.15%

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

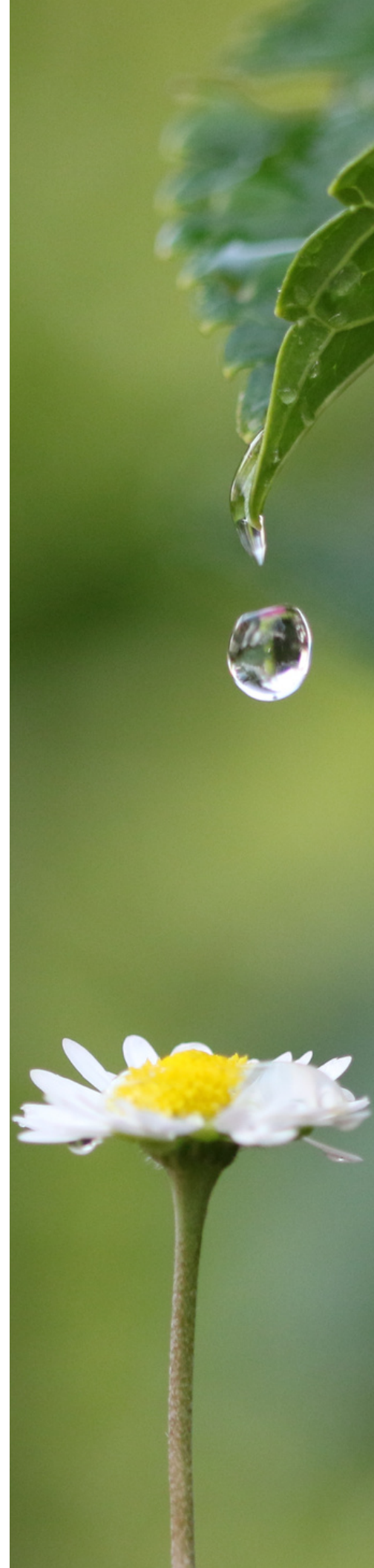


TABLE OF CONTENTS:

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



FIRST YEAR TOOLKIT

Skills to handle transition and respond positively to challenges

POWERED BY TAO

This tile features a wooden background with a toolbox containing various tools like a hammer, screwdriver, and wrench.



ADAPTING TO CHANGE

Skills to help you respond positively to challenges

POWERED BY TAO

This tile features a background of colorful autumn leaves hanging from a string.



DE-STRESS SUCCESS

Skills for thriving today

POWERED BY TAO

This tile has a teal background with a subtle pattern of leaves.



CREATING YOUR COMMUNITY: MAKING CONNECTIONS

Create a strong and supportive network to help you achieve your goals.

POWERED BY TAO

This tile shows a group of people sitting around a table in a bright, modern setting.

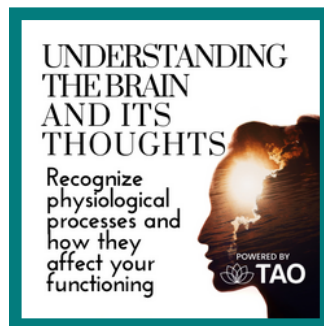


THE KEY: COMMUNICATION

Create a strong and supportive network to help you achieve your goals

POWERED BY TAO

This tile features a background of several keys of different shapes and sizes.



UNDERSTANDING THE BRAIN AND ITS THOUGHTS

Recognize physiological processes and how they affect your functioning

POWERED BY TAO

This tile shows a silhouette of a human head with a glowing lightbulb inside, symbolizing thought.

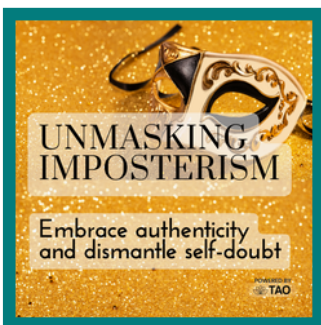


TIME MANAGEMENT

Skills to help you identify and address barriers to effective time management in your life and teach you how to use a SMART goal strategy

POWERED BY TAO

This tile features a background with a clock and a lightbulb.

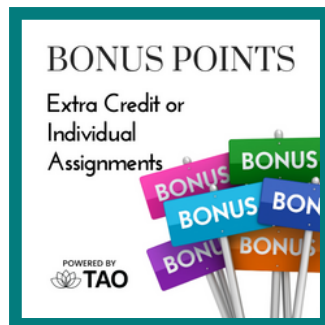


UNMASKING IMPOSTERISM

Embrace authenticity and dismantle self-doubt

POWERED BY TAO

This tile has a gold, glittery background with a masquerade mask.



BONUS POINTS

Extra Credit or Individual Assignments

POWERED BY TAO

This tile shows several colorful signs that say "BONUS" on sticks.



IMPROVING YOUR FOCUS

Techniques to help you improve your concentration

POWERED BY TAO

This tile features a glowing lightbulb against a dark background.



SEXUAL ASSAULT PREVENTION

Addressing root causes of sexual violence

POWERED BY TAO

This tile includes a teal awareness ribbon and a small logo with the number 19.

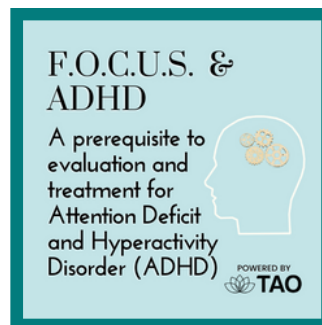


ALCOHOL LITERACY CHALLENGE

An effective program for reducing alcohol use and for improving knowledge, attitudes, and beliefs about substance use.

POWERED BY TAO

This tile shows a tall glass of beer.



F.O.C.U.S. & ADHD

A prerequisite to evaluation and treatment for Attention Deficit and Hyperactivity Disorder (ADHD)

POWERED BY TAO

This tile features a silhouette of a head with gears inside, representing thought and focus.

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:

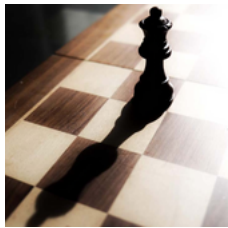
- Recognize how physical exercise influences anxiety
- Recognize the benefits of good sleep habits
- Change your sleep environment to make it more sleep friendly



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

After completing this session, you will be able to:

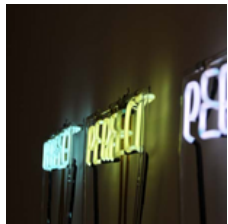
- Identify obstacles that interfere with managing time efficiently
- Learn strategies to remove obstacles to time management
- Identify which obstacles you find yourself doing



Problem Solving Model (25 minutes +/-)

After completing this session, you will be able to:

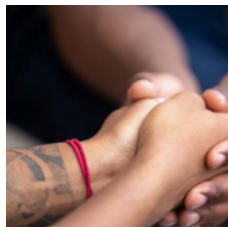
- Learn a 4-step problem solving model
- Recognize what you can and can't change



Overcoming Perfectionism (11 minutes +/-)

After completing this session, you will be able to:

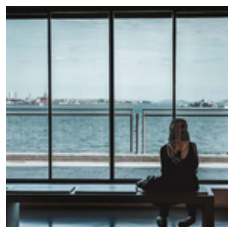
- Understand what negative perfectionism is
- Understand ways of changing perfectionistic thinking



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.



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:

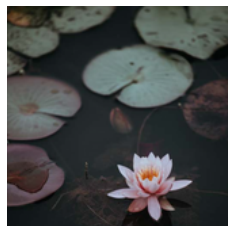
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation



Guided Imagery (20 minutes +/-)

After completing this session, you will be able to:

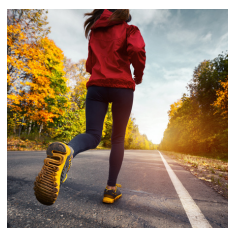
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises



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:

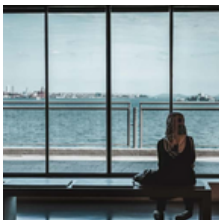
- Learn strategies to communicate more effectively
- Learn about 'I feel' Statements
- Learn about Listening-Reflecting (Listening to something and paraphrasing)
- Learn about communicating clearly online



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.



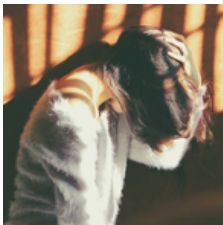
Understanding & Avoiding Drama in Relationships (25 minutes +/-)

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

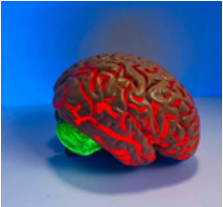
The content in this module features five evidence-based sessions specifically designed to facilitate a better understanding of patterns of thinking that can be detrimental to our mental well-being and overall quality of life. This module includes content that has been shown to be effective in challenging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



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

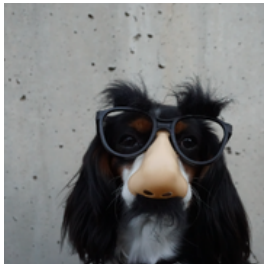
Often how we feel about ourselves doesn't match what others see in us. If you identify with this, you may feel as if you're faking your way through life, and fear being discovered. At its core, imposterism stems from unhelpful ways we think about ourselves. These sessions focus on examining and modifying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



Fast Facts About Imposterism (6 minutes +/-)

After completing this session, you will be able to:

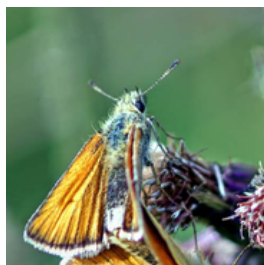
- Understand signs of imposterism.
- Recognize that imposterism is common.
- Identify situations in which imposterism is more likely.
- Describe the cycle of imposterism.



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.

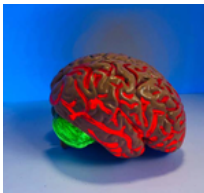
3-5 sessions = 1 EC point, 6-10 sessions = 2 EC point, 11-15 sessions = 3 EC point



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:

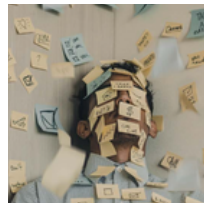
- Learned a 4-step problem solving model
- Recognized what you can and can't change



Understanding Procrastination (18 minutes +/-)

In this session, you will learn:

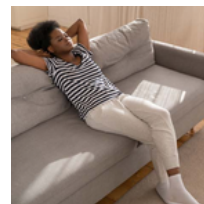
- some common causes of procrastination
- strategies for overcoming procrastination



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

After completing this session, you will:

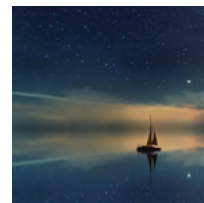
- learn that everyone has a constant stream of thoughts running through their head
- know that what goes on in the inside is much messier than what they show on the outside



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

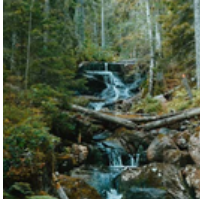


Guided Imagery (20 minutes +/-)

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

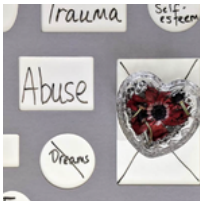
BONUS POINTS CONTINUED



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



How Lifestyle Habits Affect Your Focus (10 minutes +/-)

In this session, you will learn:

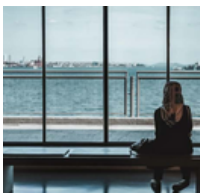
- learn how your sleeping, eating, and exercise habits contribute to your ability to focus
- Learn ways you can improve your lifestyle habits



Mindfulness Techniques to Improve Focus (14 minutes +/-)

In this session, you will:

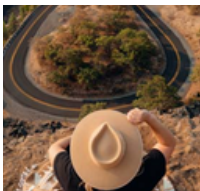
- learn techniques to improve your focus



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

IMPROVING YOUR FOCUS

These sessions from the F.O.C.U.S. intervention provide education and skills to help individuals improve their concentration. The interactive content helps learners identify barriers to focusing effectively and provide evidence-based strategies for improving concentration.



Understanding Procrastination (18 minutes +/-)

After completing this session, you will be able to:

- Learn some common causes of procrastination
- Learn strategies for overcoming procrastination



Optimizing Academic Skills (6 minutes +/-)

After completing this session, you will be able to:

- Learn several ways to optimize your academic skills



How Lifestyle Habits Affect Your Focus (10 minutes +/-)

After completing this session, you will be able to:

- Learn how your sleeping, eating, and exercise habits contribute to your ability to focus
- Learn ways you can improve your lifestyle habits



How Substance Misuse Affects Your Focus (8 minutes +/-)

After completing this session, you will be able to:

- Learn how substance misuse can contribute to your inability to focus
- Learn ways to improve your lifestyle habits



How College Life Affects Your Focus (7 minutes +/-)

After completing this session, you will be able to:

- Learn how dramatic lifestyle differences in high school versus college can impact your focus
- Learn ways to improve your lifestyle habits



How Mental and Medical Conditions Affect Your Focus (5 minutes +/-)

After completing this session, you will be able to:

- Understand the ways mental and medical conditions can affect your focus



Mindfulness Techniques to Improve Focus (14 minutes +/-)

After completing this session, you will be able to:

- Learn mindfulness techniques to improve your focus

SEXUAL ASSAULT PREVENTION

The content in this module supports Title IX and Clery Act requirements. This Dimensions Learning program consists of 11 highly engaging videos and interactive exercises to address root causes of sexual violence and can be curated and arranged for your campus.



Communication in Relationships (15 minutes +/-)

After completing this session, you will be able to:

- learn strategies for communicating regarding sexual boundaries
- learn about the importance of sexual boundaries and communications
- learn to identify qualities of healthy and unhealthy relationships



The Grey Area (15 minutes +/-)

After completing this session, you will be able to:

- learn to distinguish between situations with consent and without consent
- learn to identify how and when a partner is communicating consent
- learn about the three components of consent: clear, conscious, and voluntary



Peer Pressure and Incapacitation is Not Consent (20 minutes +/-)

After completing this session, you will be able to:

- learn about peer pressure, consent, and sexual enjoyment
- learn that intoxication eliminates any possibility of consent



It's Okay to Intervene (10 minutes +/-)

After completing this session, you will be able to:

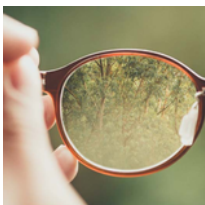
- identify situations in which you observe or learn about someone being at risk for harm
- learn 4 strategies to intervene as a bystander to insure safety for those around you: delegate, distract, delay and direct



What Does Consent Look Like (10 minutes +/-)

After completing this session, you will be able to:

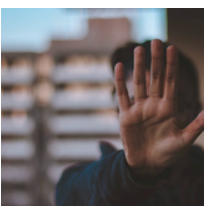
- learn some data regarding sexual assault
- learn to identify several myths and misconceptions regarding sexual assault and rape



Expectations, Assumptions, and Stereotypes (25 minutes +/-)

After completing this session, you will be able to:

- explore ways men and women face differing pressures and how these contribute to sex, sexual assault, and relationships
- explore ways women may be treated differently based upon their gender



Sexual Harassment Prevention (12 minutes +/-)

After completing this session, you will be able to:

- Recognize the different types of harassment
- Understand the Title IX requirements
- Know who the mandatory reporters of harassment are and their responsibilities

ALCOHOL LITERACY CHALLENGE™

The Alcohol Abuse Prevention program is a single 30-minute session focused on reducing underage and binge drinking by systematically challenging the beliefs people hold about the effects of alcohol. Once people understand that 90% of the good effects associated with drinking are mental effects they create, they naturally drink less or stop drinking all together.

ALC was originally developed and researched by Dr. Peter Debeneditis. The content includes videos, educational slides, and interactive activities. It has been researched extensively with 7 studies published in peer-reviewed journals.

“ SAMHSA’S REVIEW OF THE ALC:
THIS PROGRAM WAS RATED EFFECTIVE
FOR REDUCING ALCOHOL USE AND
DISORDERS; AND FOR IMPROVING
KNOWLEDGE, ATTITUDES, AND BELIEFS
ABOUT SUBSTANCE USE.

”

Alcohol Literacy Challenge™ (30 minutes +/-)

In this session, you will:

- learn to distinguish between myths and realities of alcohol effects
- identify impressions created by alcohol advertising
- learn the difference between mental effects and physical effects of alcohol
- learn alcohol content of several different beverages



F.O.C.U.S. & ADHD

FIRSTLINE OPTIMAL COGNITIVE UTILITY STRATEGIES INTERVENTION

These interactive sessions can be completed as a prerequisite to evaluation and treatment for Attention Deficit and Hyperactivity Disorder (ADHD). These sessions provide education and skills to help individuals improve their concentration, identify barriers to focusing effectively and provide evidence-based strategies for improving concentration and focus. This short course is most effective when completed in sequence.



The Purpose of the F.O.C.U.S. Intervention (4 minutes +/-)

After completing this session, you will be able to:

- Identify symptoms of inattention; identify causes of impaired focus
- Understand how ADHD is diagnosed and managed



How Lifestyle Habits Affect Your Focus (10 minutes +/-)

After completing this session, you will be able to:

- Learn how your sleeping, eating, and exercise habits contribute to your ability to focus
- Learn ways you can improve your lifestyle habits



How Substance Misuse Affects Your Focus (8 minutes +/-)

After completing this session, you will be able to:

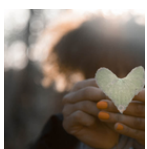
- Learn how substance misuse can contribute to your inability to focus
- Learn ways to improve your lifestyle habits



How College Life Affects Your Focus (7 minutes +/-)

After completing this session, you will be able to:

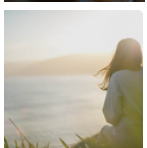
- Learn how dramatic lifestyle differences in high school versus college can impact your focus
- Learn ways to improve your lifestyle habits



How Mental and Medical Conditions Affect Your Focus (5 minutes +/-)

After completing this session, you will be able to:

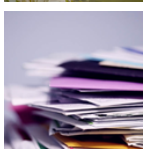
- Understand the ways mental and medical conditions can affect your focus



Mindfulness Techniques to Improve Focus (14 minutes +/-)

After completing this session, you will be able to:

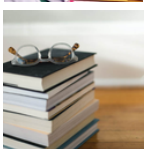
- Learn mindfulness techniques to improve your focus



Understanding Procrastination (18 minutes +/-)

After completing this session, you will be able to:

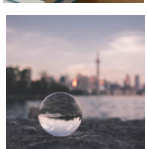
- Learn some common causes of procrastination
- Learn strategies for overcoming procrastination



Optimizing Academic Skills (6 minutes +/-)

After completing this session, you will be able to:

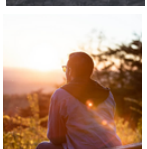
- Learn several ways to optimize your academic skills



Summary of F.O.C.U.S. Techniques (5 minutes +/-)

After completing this session, you will be able to:

- Review and remember various F.O.C.U.S. strategies to improve your academic performance



ADHD and Learning Disabilities (5 minutes +/-)

After completing this session, you will be able to:

- Understand how ADHD is diagnosed and treated
- Identify other factors that may be impairing focus