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.

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**General Anxiety**
- Causes of Anxiety and Unhelpful Practices
- Unhelpful Thoughts
- Challenging Thoughts
- Deep Breathing

**General Stress**
- Getting Stuck in Our Thoughts
- Fusion and Defusion
- Defusion Strategies
- Thinking Mind vs Observing Mind

**CBT for Depression**
- Understanding Depression
- Causes of Depression
- Overcoming Depression
- Layers of Thinking

**Evaluating Your Rela…**
- Relationships
- Problem Solving Model
- Understanding and Avoiding Drama in Relationships
- Letting Go
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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.*