

# TANGLED UP?

**Get mobile-friendly help for stress, anxiety, and depression  
that fits around your busy life  
...anytime, anywhere.**

**For completely private  
online self-help 24/7  
sign up with your  
university email  
address at this url:**

**[US.TAOconnect.org/register](http://US.TAOconnect.org/register)**



# TAO

Therapy Assistance Online





Therapy Assistance Online

Sign up and get instant anonymous access to powerful evidence based programs, content, and tools to help you feel better.

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**Let Go and Be Well**

Introduction to Acceptance and Commitment Therapy  
Fusion and Defusion  
Thinking Mind vs. Observing Mind and Acceptance  
Mindfulness  
Values  
Taking Action

**Calming your Anxiety**

Relaxation and Anxiety Reduction  
Thoughts, Assumptions, and Core Beliefs  
Mindfulness  
Facing your Fears  
Lifestyle Factors

**Interpersonal Relationships and Communication**

Managing Anger  
Communication Strategies  
Relationships  
Communication Styles  
Problem Solving

**Leave your Blues Behind**

Feelings and Thoughts  
Understanding Stress and Relaxation  
Unhealthy and Healthy Thoughts  
Layers of Thinking  
Core Beliefs  
Relationships, Lifestyle,

**Improving Your Mood**

Behavioral Activation  
Make and Activation Plan and Identifying Values  
Achieving Flow and Identifying Strengths  
Avoidance and Depression Traps  
Problem Solving

**Pain Management**

Understanding Pain  
Managing Pain and Lifestyle Factors  
Cognitive Strategies for Pain Management  
Mediation for Pain  
Act for Pain Management

**Evaluating My Alcohol and Drug Use**

Do I Need to Do Something About My Alcohol or Drug Use?  
Making Decisions about your Alcohol or Drug Use

**Recovery Skills and Topics**

Coping with Cravings  
Refusal Skills and Social Support in Recovery  
Recovering from a Lapse or Relapse  
Overcoming Guilt and Shame  
Managing Finances in Recovery  
Time Management in Recovery  
Identifying Core Values in Recovery

**Easy Sign Up at:  
[US.TAOconnect.org/register](https://US.TAOconnect.org/register)**

**or use the QR code below.**

- 1. Enter your basic info, use your university email address.**
- 2. Pick a password, leave the 'Enrollment Key' field blank.**
- 3. Click 'Sign Me Up!'**
- 4. Check your email. You will be sent a welcome email with instructions to log in.**

