

Feeling Anxious or Stressed?

- *Getting Stuck in Our Thoughts
- *The Cognitive Response System
- *Causes of Anxiety and Unhelpful Practices
- *Relaxation
- *Progressive Muscle Relaxation
- *Deep Breathing
- *Unhelpful Thoughts
- *Challenging Thoughts
- *Meditation for Intrusive Thoughts

Feeling Low Mood or Depressed?

- *Understanding Depression
- *Causes of Depression
- *Overcoming Depression
- *Sources of Well Being
- *Recognizing Depression Traps
- *Relaxation Strategies
- *Observing Thoughts Exercise
- *Positive In, Negative Out

Felling Sad, Discouraged, or Dissatisfied?

- *Getting Stuck in Our Thoughts
- *Thinking Mind vs. Observing Mind
- *Acceptance
- *The Cognitive Response System
- *Relaxation
- *Challenging Thoughts

Feeling Lonely?

- *Sources of Well Being
- *Improving Awareness and Understanding
- *Activation Plan
- *Different Types of Communication
- *Coping through Coronavirus

Experiencing Grief and Loss?

- *Sources of Well Being
- *Recognizing Depression Traps
- *Behavioral Activation: Thinking Habits

Healing after a Break-Up?

- *Feelings and Thoughts
- *Relaxation Strategies
- *Unhealthy and Healthy Thoughts

Having Difficulties Sleeping?

- *Physical Exercise and Sleep Habits
- *Relaxation
- *Meditation for Restful Sleep
- *Letting Go

Concerned with Alcohol or Drug Use?

- *Evaluating Alcohol & Drug Use
- *Making Decisions About Your Alcohol or Drug Use

Defining your Values?

- *ACT: Values
- *Defining Your Values

Mindfulness Library:

- 20+ Exercises
- Meditation
- Mindful eating
- And growing...

Built in Practice Tools: Logging & Journaling

Search for Single Session Activities that will help you cope in the moment.

Video

Take a walk through using TAO the first time by watching the video [HERE](#)

Need a TAO Account?

Sign Up at https://taoconnect.org/what_is_tao/ns/

Click "Click here to sign up"> Enter your First Name, Last Name, and Email Address

Browsing Activities by Topics of Concern

Once Logged in> Click Browse All Sessions in Left Navigation bar> Search for Activities