

COLLEGE GOT YOU FEELING LIKE...



WE GOT YOU COVERED!

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

SIGN UP TODAY AT:
thepath-ca.TAOconnect.org

Or download the free TAO App on your phone, and be sure to select University of South Carolina Union as your home institution, and use your University email account, to obtain your free unlimited access.



Self-Help Quick Start Guide



What is TAO?

TAO (Therapy Assistance Online) is a platform of tools and educational modules to help you learn about and change how you think and feel. These modules are designed to help you have a better understanding of your personal experiences and equip you with strategies to aid you in feeling less anxious today and as you go forward in your life.

TAO is Designed for You

Stressed out? Looking to address bad habits? Need help with time management? Going through a bad breakup? TAO can help!

TAO is an online suite of tools meant to teach life skills, build resilience, and encourage positive growth. TAO's evidence-based educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors. With just 15 minutes a day on your phone, tablet, or computer you will be on your way towards achieving optimum wellness in your life.

What You Need to Begin

- 1) Internet-enabled computer
- 2) Your login information emailed to you



Let's Get Started

- 1) In your browser, go to <https://thepath.taoconnect.org/login/> and log in with your email address.
- 2) After you log in, you will be prompted to change your password for your security.
- 3) Please answer the Research Consent form that will appear on the home page. Your answer will not impact your ability to use TAO.
- 4) On the homepage menu, click on "My Pathway" then click the pathway button and you will find instructions, a helpful walk-through video, and your pathway. It's as easy as that!



Self-Help Quick Start Guide: Introduction to the Toolbar

[Home](#) [My Pathways](#) [User Settings](#) [My TAO Tools](#) [Progress Measures](#) [Instructions](#)

Home will bring you to the homepage of TAO, where you will be able to access all the tools and materials TAO has to offer, as well as crisis information in the event of emergency.

My Pathways allows you to select and begin your lessons.

User Settings allows you to change your password and enroll in Self Help courses by typing in the enrollment key. Additionally, this is where you can locate your awarded badges after completing an entire module. Badges can be downloaded or printed

Tools will connect you to two important tools in TAO:

Your Logs: these daily journals and logs will help you track your progress and gain self-awareness.

Mindfulness Library: here you will find a variety of exercises to help you learn to stay calm and relaxed.

Progress Measures is where you will find the wellness survey. You will automatically be prompted to take this brief survey at the beginning of each module. Taking this survey regularly will help you identify patterns and improvements in your mood.

User Instructions contains helpful instructions for navigating and working in TAO.

Get Started Now

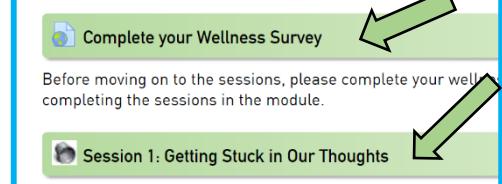
1. Select Your Pathways on the upper navigation bar.



[Home](#) [Your Pathways](#) [Too](#)

Click the button to select your pathway.

3. Complete your Wellness Survey and then, from the available modules, click on the green-colored tab of your selection.



4. On the next page click here to start your session.



Self-Help Quick Start Guide: Pathway Descriptions

Calming Your Worry - You may select from two versions of this pathway: one focuses on broad life experiences, while the other is tailored to the challenges of the college student. In either version, you will learn to recognize and understand how your thoughts influence your feelings and behaviors. By learning to catch negative thoughts and consider them in a more positive light, you will find that you begin to act with greater confidence. As you realize you have control over your thoughts, you'll worry less about the challenges ahead, knowing that you have the ability to persist through difficulties.

Let Go and Be Well - Resilience is the psychological concept of successfully processing and adapting to change and stress; this pathway guides you to a place where you can begin to accept and embrace your life fully—even its challenges. Improving your abilities to accept and adapt to unexpected events in your life can lead to marked improvement in both functioning and mood. In addition to learning mindfulness techniques that allow you to practice being in the present moment, you will also begin to clarify and understand your own personal values. By committing to living a life that follows those priorities, you will likely find greater peace and well-being.

Interpersonal Relationships and Communication - Relationships can be challenging sometimes. This pathway will help you understand how to improve your relationships by building communication skills, learning to recognize unhealthy relationship behaviors, and finding ways to manage anger. You'll also learn how to respond more effectively to others.

Leave Your Blues Behind - When life feels low, it's easy to think negatively. This pathway will encourage you to find ways to think more positively; in doing so, you'll notice that you don't feel quite as blue anymore. As you learn to pay attention to your thoughts and find ways to view situations in a more constructive light, you'll find that your behaviors become more positive as well. This pathway also includes a section on mindfulness techniques, which will help you learn to be present in your life and find peace in the moment.

Improving Your Mood - This pathway will teach you that there is some truth behind the phrase "fake it till you make it." When we feel down, it's easy to begin to withdraw from others, which leads to a cycle of continuing to feel blue. By learning to challenge yourself to engage with your life, even when you don't initially feel like it, you'll actually begin to feel better and think more positively.

Evaluating Alcohol and Drug Use - This pathway is for people seeking more knowledge and information about the role substances play in their lives. In these lessons, you will reflect on your own choices regarding alcohol and drug use, and make a plan for any changes you'd like to make in these behaviors.