

# SUCCESS & WELLNESS LIBRARY

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

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# 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%

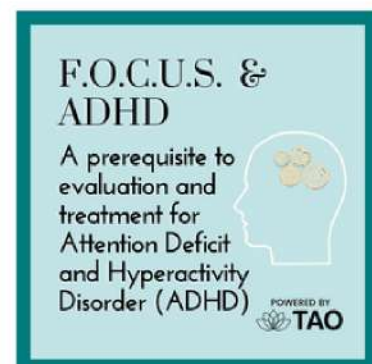
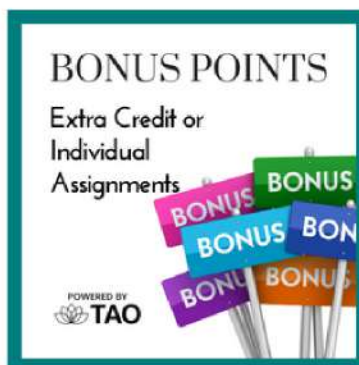
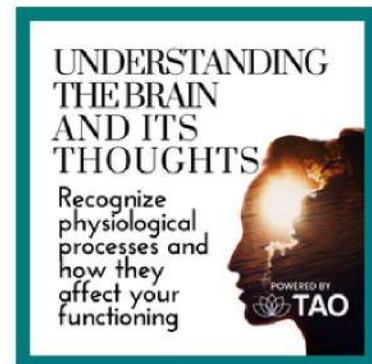
OF RESPONDENTS  
REPORT THAT TAO IS  
"SOMEWHAT HELPFUL"  
TO "VERY HELPFUL"





# TABLE OF CONTENTS:

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



# FIRST YEAR TOOLKIT

# 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



## 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

# 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

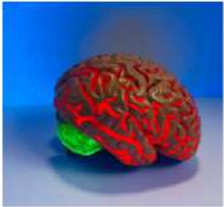
The content in this module features five evidence-based sessions specifically designed to facilitate a better understanding of patterns of thinking that can be detrimental to our mental well-being and overall quality of life. This module includes content that has been shown to be effective in challenging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



# 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.

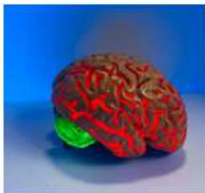
**3-5 sessions = 1 EC point, 6-10 sessions = 2 EC point, 11-15 sessions = 3 EC point**



## **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



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# 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



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- 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