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

**US.TAOconnect.org/register**

**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**

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.