

# TAO-Self Help

PROVIDED BY: BAYLOR UNIVERSITY COUNSELING CENTER

- TAO Self-Help will help you to manage your own emotional well-being **without the help of a counselor.**
- TAO Self-Help includes modules for developing your ability to bounce back from disappointments and setbacks, often referred to as resilience training
- You can anonymously use self-help.

## What does TAO Self-Help assist me with?

- Materials in TAO Self-Help can help with stress, anxiety, relationship problems, anger management, problem solving, communications and evaluating your alcohol and drug use.

## How do I use TAO Self-Help?

- TAO Self-Help can be used as individual modules for focused problems like problem solving or communications or can be used as sets of modules for more in-depth help with a problem area.
- The sets of modules in TAO consist of 6-7 highly engaging educational modules.
- Typically completed over 6-9 weeks, with interactive activities to help you learn strategies and skills.
- You can access TAO Self-Help on your Computer, Tablet or Phone. You can access TAO as long as you are enrolled as a Baylor Student.

## Tools in TAO Self-Help

- In addition, you will have practice tools designed specifically to work with the educational modules, a mindfulness library, and a progress measure to track change week-to-week.
- Mobile APP: “TAO Mood Elevator” is available on Apple and Google Play
- Use the **Enrollment Key** when you sign up for TAO Self-Help.

### **Enrollment Key: Baylor bears 20**

(TAO Self-Help is available to many groups on campus, and off campus satellite sites. The use of the enrollment key helps you access the appropriate group you belong to. Your name will remain anonymous to the counseling center and your department).

**TO SIGN UP: Go to this web-address: <https://thepath.taoconnect.org/>**  
(When you sign in, you will need to create a password, go to **forgot password** to set one up)