



Trouble Coping?

Are you experiencing anxiety, loneliness, restlessness?

SIGN UP FOR TAO PATHWAYS

Working just a few minutes a day in the self-help activities recommended by CAPS can provide you with the skills you need to manage these feelings.



TAO

Therapist Assisted Online
Presented by UA Counseling & Psych Services

MANY ACTIVITIES AVAILABLE INCLUDING:

Let Go and Be Well

- Introduction to Acceptance and Commitment Therapy
- Thinking Mind vs. Observing Mind and Acceptance
- Mindfulness

Improving Your Mood

- Behavioral Activation

Leave Your Blues Behind

- Understanding Stress and Relaxation

Calming Your Worry

- Understanding Anxiety and Worry
- Relaxation and Anxiety Reduction
- Thoughts, Assumptions, and Core Beliefs
- Mindfulness
- Facing Your Fears
- Lifestyle Factors
- Anxiety Review

FREE & EASY TO SIGN UP:



Scan the QR Code or visit:
bit.ly/CAPS-Cares-520

Enter Enrollment Key:
CAPS-Cares-520

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Counseling & Psych Services

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