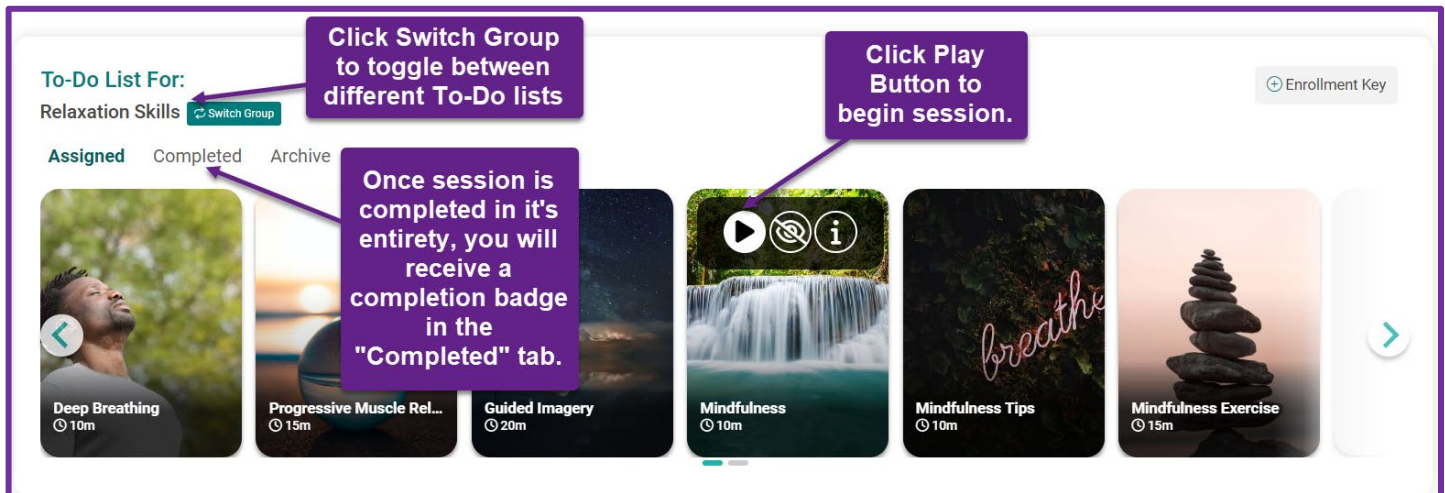




All of us will hit a bump in the road or experience stressful challenges at some point. TAO was designed to provide you with a tool kit of effective evidence-based resources to help you learn to cope, communicate, and bounce back from those setbacks, making mental health support accessible for all.

Get Started

- 1) Go to <https://us.taoconnect.org/login> or use your phone's camera to scan the QR code below.
(Bookmark this link for future logins).
- 2) Don't have an account? Click the Register link.
- 3) Use your MCC email to complete the sign-up form and click the "Sign Me Up" button.
- 4) You will be asked to enter your MCC credentials to be granted access to TAO.
- 5) Accept the informed consent and complete the requested information. Click "Go to Dashboard" to view your home page. From now on, you can log in with MCC single sign-on.
- 6) Complete content by following the screenshot instructions below.



What content is covered in these modules?

Use the enrollment keys/QR codes/links to access the following groupings of videos:

First-Year Toolkit

This module features content designed to help incoming college students with the transition to college classes and college life. (~1-hour 27 minutes total)

- Physical Exercise and Sleep Habits (10 minutes)
- Obstacles to Effective Time Management (20 minutes)
- Problem-Solving Model (25 minutes)
- Overcoming Perfectionism (11 minutes)
- Social Support (10 minutes)
- Overcoming Loneliness (11 minutes)



<https://us.taoconnect.org/learner/invite/297/firstyeartoolkitmcc/>

Enrollment Key: firstyeartoolkitmcc

De-Stress Success

This module features activities to help manage and reduce stress levels. Information and guided imagery serve to both inform on and alleviate the effects of stress.

(~1-hour 35 minutes total)

- Relaxation (15 minutes)
- Mindfulness Tips (10 minutes)
- Progressive Muscle Relaxation (15 minutes)
- Guided Imagery (20 minutes)
- Deep Breathing (10 minutes)
- Lifestyle Factors (25 minutes)



<https://us.taoconnect.org/learner/invite/297/destressmcc/>

Enrollment Key: destressmcc

Understanding the Brain and its Thoughts

The content in this module is designed to inform participants about patterns of thinking that may be affecting their lives. The videos aim to challenge and modify harmful thought patterns. (~1-hour 20 minutes total)

- What is Anxiety? (15 minutes)
- The Cognitive Response System (15 minutes)
- Unhelpful Thoughts (10 minutes)
- Challenging Thoughts (15 minutes)
- Getting Stuck in Our Thoughts (25 minutes)



<https://us.taoconnect.org/learner/invite/297/understandingthebrainmcc/>

Enrollment Key: understandingthebrainmcc

Creating Your Community: Making Connections

This module focuses on the social challenges of college life. From navigating new social situations to making friends, this content focuses on improving communication skills and fostering a sense of belonging. (~1 hour 11 minutes total)

- Communication Strategies (20 minutes)
- Different Types of Communication (18 minutes)
- Overcoming Loneliness (11 minutes)
- Social Support (10 minutes)
- Understanding and Avoiding Drama in Relationships (12 minutes)



<https://us.taoconnect.org/learner/invite/297/createyourcommunitymcc/>

Enrollment Key: createyourcommunitymcc

A variety of other content is also available under “Browse Content.” Find videos on guided meditation, grounding practices, substance use, and many other mental health and wellness topics.