



Welcome to this first issue of "*There's a TAO for That!*" newsletter.

The Center for Student Wellness and Counseling Services (CSWCS) will periodically provide these newsletters to help you identify **specific** self-help modules you can view on our free self-help platform called TAO Connect.

Through TAO's completely self-directed, self-help app and online program, students are provided an opportunity to learn stress management, mindfulness skills, problem-solving and strategies to avoid rumination and develop more helpful thinking patterns.

TAO Self-Help allows students to bounce back from life's disappointments and frustrations and includes interactive educational modules and practice tools.

Your TAO Module Highlight For This Issue:

Module 5: Facing Your Fears



Now that a new semester is underway, you might be feeling nervous about any new professors or challenges. If this is causing anxiety for you, we have a suggested module for you to view to help learn how to identify when anxiety may be helpful versus problematic. This module "Facing Your Fears" can help you cope with what might happen when you avoid anxiety-provoking situations, and how you can begin using exposure techniques to lessen anxiety and gain confidence.

Module 5: *Facing Your Fears* is taken from the CBT-Anxiety pathway on your TAO self-help platform.

Visit thepath.taoconnect.org to create an account using your NEOMED email address or sign-in if you have already created an account.

To begin the session:

- Click on the My Pathways tab at the top of the page
- Scroll down to and click on Calming Your Worry-Adult
- Scroll to Module 5: Facing Your Fears

Sessions can be viewed in one sitting or stopped and resumed later!



Learning to face your fears might not make life any less scary, but can help you build resilience and self-efficacy.

Of course, self-help may not be for everyone. And that's where our office can help. Please contact us if you would like to make an appointment with one of our counselors. Counseling is confidential and free to all NEOMED students.

Center for Student Wellness and Counseling Services

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