



**RISE Center at UCLA**  
Heal. Connect. Thrive.

# Experiencing Grief?

*Are you looking for healthy ways to cope with your grief?*

*Sign up for Therapy Assisted Online (TAO) Modules!*



*The TAO self-help platform was built to support student educational and skill development needs in the areas of mental wellness and overall well-being. You can use TAO at your convenience and pace. Free for all UCLA students, staff, and faculty.*

## *Coping with Grief and Loss Module*

Session Title	Time	Session Benefits
Sources of Wellbeing	10 mins	Identify key factors for developing a positive sense of wellbeing
Recognizing Depression Traps	10 mins	Recognize depression traps and learn how to overcome these behavioral pitfalls
Improving Awareness and Understanding	15 mins	Learn how to increase awareness of your own behavioral patterns
Activation Plan	15 mins	Create an activation plan and increase your contact with rewarding activities
Behavioral Activation: Values	15 mins	Learn how the process of identifying your core values can lead to greater fulfillment

## *How to get started with the Module:*

### *New User Instructions*



- 1) Scan the QR Code or Visit: [tinyurl.com/taogrief21](https://tinyurl.com/taogrief21)
- 2) Enter name and UCLA email
- 3) Click Sign Me Up!

### *Existing User Instructions*

- 1) Visit [US.TAOconnect.org](https://US.TAOconnect.org).
- 2) Click on My Profile and enter enrollment key: Grief21
- 3) Press submit and go to Dashboard to view modules in your to-do list.