Feeling Burnt Out?

Are you dealing with exhaustion, frustration, and lack of motivation?

Sign up for Therapy Assisted Online (TAO) Modules!

**TAO**
Therapy Assistance Online

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.

Burnt Out Module

Session Title	Time	Session Benefits
Setting Priorities	30 mins	Determine priorities in time management and evaluate your use of time
Obstacles to Effective Time Management	20 mins	Pinpoint obstacles that interfere with managing time efficiently
Physical Exercise and Sleep Habits	10 mins	Learn the importance of physical exercise and good sleep habits
Relaxation	15 mins	Identify barriers to relaxation in your life and learn helpful relaxation strategies.
Progressive Muscle Relaxation	15 mins	Perform a progressive muscle relaxation exercise to ease stress and anxiety

How to get started with the Module:

New User Instructions
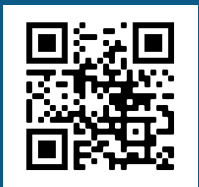
1) Scan the QR Code or Visit: tinyurl.com/burntout21

2) Enter name and UCLA email

3) Click Sign Me Up!

Existing User Instructions

1) Visit US.TAOconnect.org

2) Click on My Profile and enter enrollment key: Burntout21

3) Press submit and go to Dashboard to view modules in your to-do list.