



RISE Center at UCLA
Heal. Connect. Thrive.

Need to Self-Care?

Are you looking for self-care tips and ways to foster resilience?

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.

Self-care and Resilience Module

Session Title	Time	Session Benefits
Thinking Mind vs Observing Mind	25 mins	Learn how to distinguish between the thinking mind and observing mind
Fusion and Defusion	20 mins	Understand the benefit of taking a step back to gain new perspectives
Defusion Strategies	20 mins	Strategies to help you minimize negative and distressing thoughts
Values	30 mins	Reflect on your values & what your life could be like if you adhere to those values
Acceptance	20 mins	Understand how to let go & accept your thoughts & feelings and keep a log of it

How to get started with the Module:

New User Instructions



- 1) Scan the QR Code or Visit: tinyurl.com/taoselfcare21
- 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: Self-Care21
- 3) Press submit and go to Dashboard to view modules in your to-do list.