



THE WHALE WATCH

"Looking Out for Yourself and Others"

Calming Your Worry

We are quickly heading toward final exams and the end of this first semester here at NEOMED; winter break will be here before we know it! Now is a great time to address test anxiety so you can feel confident and ready to demonstrate your hard-earned knowledge.

We are here to help!

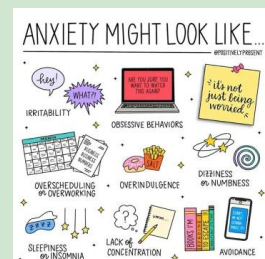
Therapy Assistance Online or TAO for short, is a self-guided, on-line tool, consisting of interactive modules, practice tools, journals and progress measures. The self-help option allows you to move through the course modules and sessions at your own pace, when you're feeling down and need encouragement, or visiting our mindfulness library when you need a moment to meditate.

Want to know more about TAO? Check out our [NEOMED TAO explainer video](#).

See the information at the end of this newsletter on how to sign up for and log in to TAO. Once signed up and logged in, you will select the group **"Student Self-Help: Life Hacks to Live Your Best Life"**. From there, you can choose the Pathway titled **Calming Your Worry-Adult** to access the modules 1, 2, 3 and 6 listed below.

Module 1: Understanding Anxiety and Worry:

Helps students to set goals, understand the role of anxiety, and learn how current behaviors may perpetuate anxiety.



Module 2: Relaxation and Anxiety:

Teaches skills such as progressive muscle relaxation, guided imagery, and deep breathing to help manage your anxiety-very useful for pre-mid-, and post test anxiety!



Module 3: Thoughts, Assumptions, and Core Beliefs

This module encourages you to begin re-framing negative thoughts and core beliefs to foster greater positivity.

ACCENTUATE
THE POSITIVE.
ELIMINATE
THE NEGATIVE.

Module 6: Lifestyle Factors

Provides information on how nutrition, sleep, and exercise impacts your experience of anxiety.



Focusing on these four modules can provide you with practical information and strategies needed to help you feel calm and collected before, during, and after exams.



The Center for Student Wellness
and Counseling Services

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[Click to view instructions to sign up and begin using TAO](#)

To access **TAO**, simply visit thepath.taoconnect.org and sign up.

Once signed up, you may log in any time, day or night 24/7. Modules do not need to be viewed in one sitting; you can pause them and return later!

Questions?

Contact TAO@neomed.edu

Technical Issues?

Contact support@taoconnect.org