

LAW STUDENT MENTAL HEALTH SERIES: NURTURING WELL-BEING IN LEGAL EDUCATION

POWERED BY



BUILD RESILIENCE, EMPOWER MINDS

These specialized modules have been tailored to meet the unique needs of law students aiming to empower them with indispensable life and mental health competencies crucial for navigating the demands of complex legal practice.

Recognizing the unique challenges of legal education, participants will acquire the skills necessary to effectively manage stress, anxiety, and other complex challenges. They will gain expertise in building resilience, fostering positive thinking, regulating emotions, and adapting to ever-changing circumstances. These acquired tools will equip them to not only excel academically but also to thrive in today's dynamic and demanding academic landscape.

TAO's educational content has been meticulously developed by experienced psychotherapists, offering evidence-based skills training to clients. This resource has been actively serving learners across the continent since 2014.

The integration of these sessions into curriculum is a strategic move that accomplishes several essential objectives:

- Teaches life skills to support a successful academic career
- Removes stigma where required of all learners • Attaches learners to the self-help side of TAO
- And provides anonymous online access without ads

By investing in programs and interventions that prioritize the mental health and well-being of learners, colleges and universities can enhance retention rates and facilitate the achievement of educational aspirations. This commitment can ultimately lead to increased graduation rates, enhancing the institution's reputation and positioning graduates for improved earning potential and enhanced career opportunities.

ACCESSING THE FREE MODULES

TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO Includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals.

How to Register for TAO?

1. In your browser window, navigate to <https://us.taoconnect.org/register>
2. Enter First Name, Last Name, and your school email address, using @mymail.nku.edu
3. Leave the 'Enrollment Key' field blank.
4. Click Sign Me Up
5. Check your email. You will be sent a Welcome to TAO email with a confirmation link which you must click on to sign in.

Once you are at the TAO dashboard, click Browse Content and enter the title of the session you wish to complete. The titles are listed below and organized into modules.



This module delves into the multifaceted aspects of stress, offering students the knowledge and tools to not only cope with its challenges but also to thrive in their legal careers.

What is Anxiety? (15 minutes +/-)

After completing this session, you will be able to:

- Differentiate typical and problematic anxiety
- Recognize the physiological processes associated with anxiety
- Identify practices that exacerbate anxiety

The Cognitive Response System (15 minutes +/-)

After completing this session, you will be able to:

- Identify the fight-or-flight response
- Recognize the physiological indicators of anxiety

Unhelpful Thoughts (10 minutes +/-)

After completing this session, you will be able to:

- Identify common unhelpful thoughts
- Evaluate the degree to which unhelpful thoughts play a role in your life

Challenging Thoughts (15 minutes +/-)

After completing this session, you will be able to:

- Review common unhelpful thoughts
- Practice challenging an unhelpful thought in your own life

Getting Stuck in Our Thoughts (25 minutes +/-)

After completing this session, you will:

- Learn that everyone has a constant stream of thoughts running through their head
- Know that what goes on in the inside is much messier than what they show on the outside



This module is crafted to empower law students with essential communication skills that transcend the traditional boundaries of legal discourse.

Communication Strategies (20 minutes +/-)

After completing this session, you will have learned:

- Learn strategies to communicate more effectively
- Learn about 'I feel' Statements
- Learn about Listening-Reflecting (Listening to something and paraphrasing)
- Learn about communicating clearly online

Different Types of Communication (15 minutes +/-)

After completing this session, you will have learned:

- Learn to describe different types of communication: passive, passive-aggressive, aggressive, and assertive
- Learn to identify less helpful (passive, aggressive, and passive-aggressive communications) statements
- Learn to create assertive responses in a variety of situations

Overcoming Loneliness (11 minutes +/-)

In this session, you will:

- Learn about the negative health impact of loneliness and isolation
- Learn some strategies for re-engaging socially

Understanding & Avoiding Drama in Relationships (25 minutes +/-)

After completing this session, you will be able to:

- Describe the roles and relationships in the Karpman Drama Triangle model
- Identify times you have observed the roles in your life
- Know strategies to help avoid drama
- Improve communications in relationships

Managing Anger (18 minutes +/-)

After completing this session, you will be able to:

- Understand how anger works.
- Know of some different strategy options you might consider using when faced with angry situations.

Meditation for Intrusive Thoughts (11 minutes +/-)

- This mindfulness exercise will coach you in taking control of your focus. A more controlled focus will allow you to disengage with intrusive thoughts.



This module is designed to equip law students with essential skills to thrive amidst adversity, ensuring a robust foundation for a resilient legal career.

Getting Stuck in Our Thoughts (25 minutes +/-)

After completing this session, you will:

- Learn that everyone has a constant stream of thoughts running through their head
- Know that what goes on in the inside is much messier than what they show on the outside

The Six Core Principles of ACT (15 minutes +/-)

After completing this session, you will have learned:

- Define Acceptance and Commitment Therapy.
- Learn about the 6 Core Skills in ACT.
- Create a road map for coping with your thoughts and feelings.

Thinking Mind vs Observing Mind (25 minutes +/-)

After completing this session, you will be able to:

- Learn how to distinguish between the thinking mind and observing mind.
- Practice mindfulness exercises to help you be aware of the here and now.

Acceptance (10 minutes +/-)

After completing this session, you will be able to:

- Understand how to let go and accept your thoughts and feelings.
- Keep a log of your thoughts and feelings throughout the week.

Letting Go (10 minutes +/-)

This mindfulness exercise is focused on the skill of 'letting go'. Throughout the day, we can hold onto the stresses that add up and feel the weight and heaviness. Letting go can help us relax and deal with stress. It can be a skill we improve upon with practice.

Fast Facts About Imposterism (6 minutes +/-)

After completing this session, you will be able to:

- Understand signs of imposterism.
- Recognize that imposterism is common.
- Identify situations in which imposterism is more likely.
- Describe the cycle of imposterism.

Strategies to Address Imposterism (8 minutes +/-)

After viewing this session, you will be able

- Apply five strategies to manage imposterism. Identify two components of self-compassion.



This module recognizes the importance of integrating relaxation techniques into the law school curriculum to address these unique stressors and is designed to equip law students with essential relaxation skills that are crucial for their overall well-being and professional success.

Relaxation (15 minutes +/-)

After completing this session, you will be able to:

- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response

Mindfulness Tips (10 minutes +/-)

After completing this session, you will be able to:

- Demonstrate and understanding of mindfulness, evaluate mindfulness in your life and apply mindfulness in your life.

Progressive Muscle Relaxation (15 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation

Guided Imagery (20 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises

Deep Breathing (10 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform deep breathing exercises

Lifestyle Factors (25 minutes +/-)

After completing this session, you will be able to:

- Recognize how lifestyle factors influence anxiety
- Face anxiety-provoking situations

LEGAL PRODUCTIVITY

Strategies for Optimal Performance



This module is designed to empower law students with proven strategies and tools to enhance efficiency, manage workloads effectively, and thrive academically and professionally.

Addressing Time Management Challenges (5 minutes +/-)

After completing this session, you will be able to:

- Learn common challenges to effective time management
- Learn effective strategies to overcome common barriers to time management

Setting SMART Goals (5 minutes +/-)

After completing this session, you will be able to:

- Learn ways to identify and address barriers to effective time management
- Learn how to apply SMART goals effectively.

Optimizing Academic Skills (6 minutes +/-)

After completing this session, you will be able to:

- Learn several ways to optimize your academic skills

Setting Priorities (30 minutes +/-)

After completing this session, you will be able to:

- Learn to set priorities for better time management
- Learn how to make better use of time

Understanding Procrastination (18 minutes +/-)

After completing this session, you will be able to:

- Learn some common causes of procrastination
- Learn strategies for overcoming procrastination

Mindfulness Techniques to Improve Focus (14 minutes +/-)

After completing this session, you will be able to:

- Learn mindfulness techniques to improve your focus

How Lifestyle Habits Affect Your Focus (10 minutes +/-)

After completing this session, you will be able to:

- Learn how your sleeping, eating, and exercise habits contribute to your ability to focus
- Learn ways you can improve your lifestyle habits