

Troubled by conflicts with others, high stress, or a low mood?



PATH is a set of web-based, interactive, self-help tools.

Join a research study designed to test the PATH program

TREAT

Improve mood and reduce stress using self-directed programs guided by expert mentors

TRAIN

Learn key skills for reducing stress, managing conflict, and improving performance

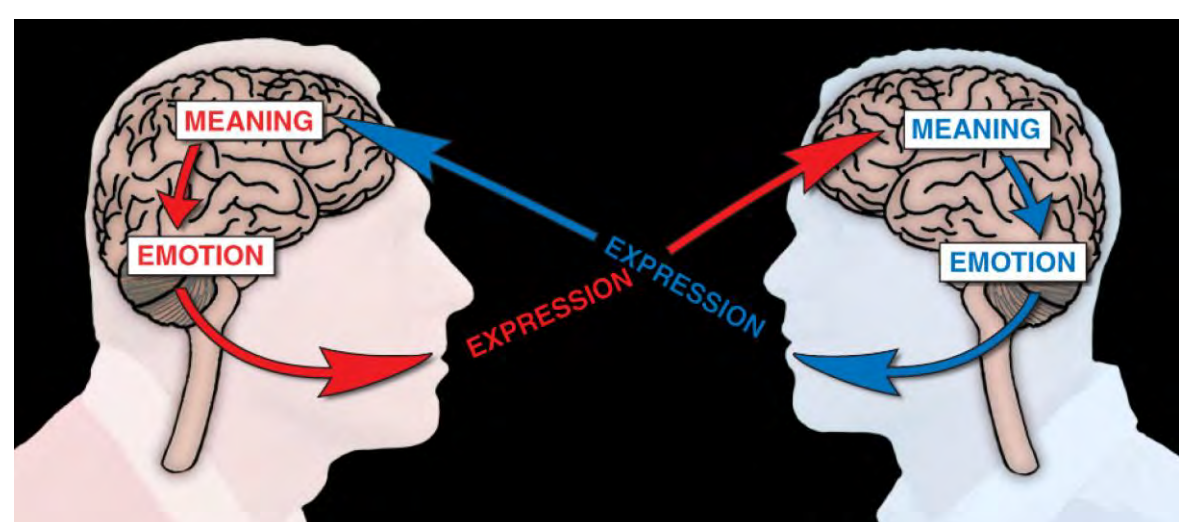
SELF-ASSESS

Assess your level of stress, burnout, anxiety, sadness, and conflict. Get recommendations on productive actions you can take

Conflict Resolution

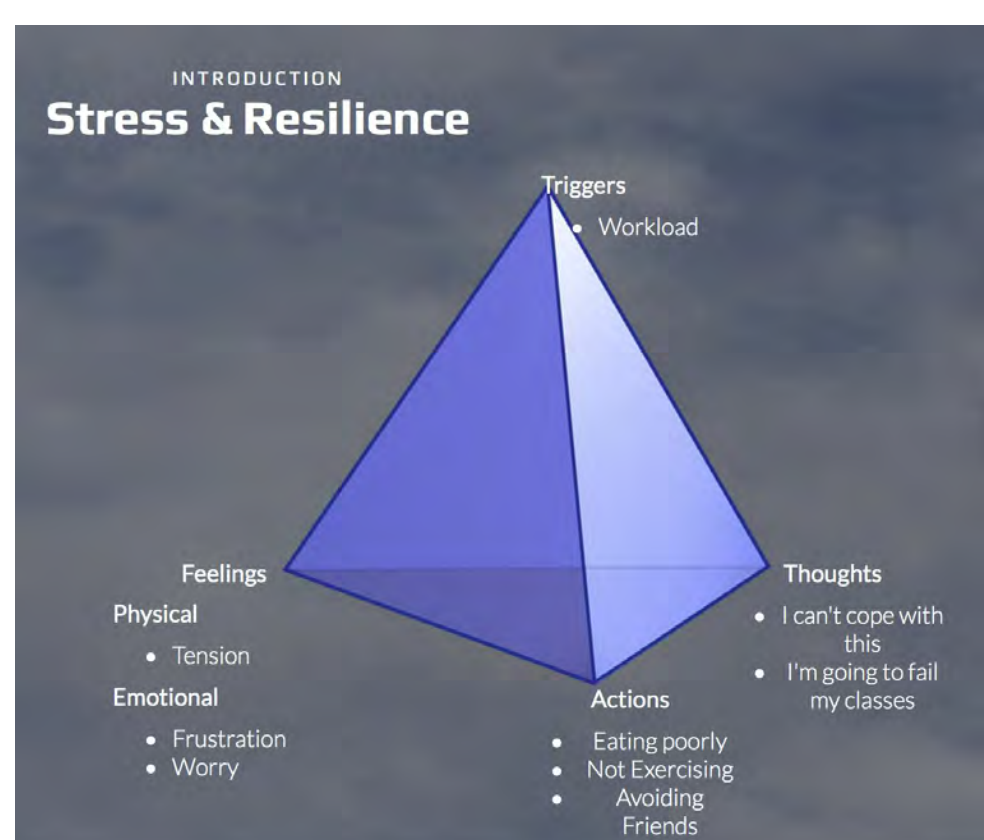
- Conflict introduction
See how conflicts develop and how to resolve them
- Interactive scenario
Practice conflict resolution in an interactive simulation
- Hypothesis testing exercise
Check how you are thinking about conflict
- Interest-based negotiation
Learn the art of negotiation and how to reach agreement while maintaining relationships

The conflict module has sample conflicts and interactive exercises to teach negotiation skills, effective ways to address conflict, and pitfalls to avoid. Although some of the conflict content uses sample conflicts and negotiations set in the space program, the situations represent real-world problems everyone can identify with.



Stress Management

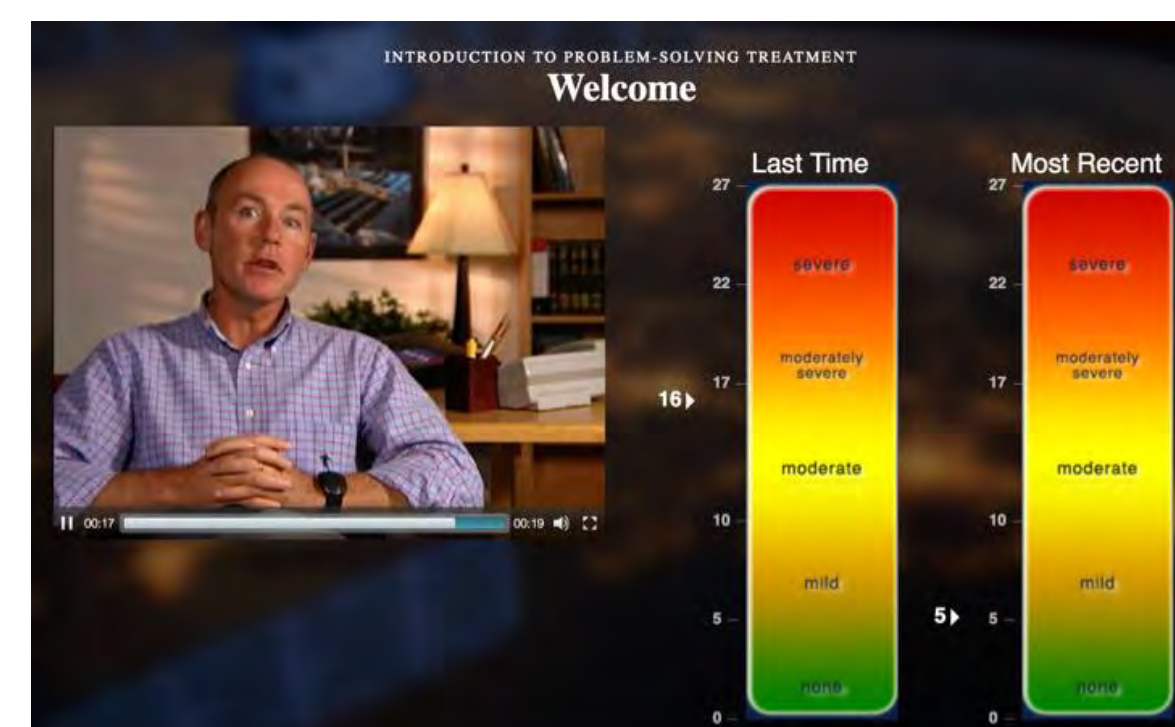
- Thoughts
Learn to examine your thinking about a situation to ensure you are assessing the situation correctly
- Feelings
Practice skills to calm down when needed
- Actions
Train to choose productive actions in times of stress



The stress module focuses on skills to make sure you are thinking about the situation accurately, managing your emotions well, and taking productive actions. The program teaches skills such as:

- Weighing Evidence
- Focused Breathing
- Guided Muscle Relaxation
- Strategic Problem Solving
- Compartmentalization
- Effective Communication

Improving Mood



- Choose a problem you have control over
- Set an achievable goal
- Brainstorm solutions
- Choose enjoyable activities
- Make an action plan

The mood improvement module uses a self-directed method for treating depression symptoms called problem-solving treatment. The mentor in the program guides you through choosing and working on problems you have control over. Over time this can improve your mood. You will learn a structured approach to solving problems that's useful even if you are not depressed.

Go to: path.dartmouth.edu Use login token: eap_path

These programs are offered through a research study at the Geisel School of Medicine at Dartmouth