



# COUNSELING CENTER

## The Art of Unmasking

Masking, also known as social camouflaging, is a way we try to fit in socially. However, it can be hard to know how to take the mask off (or who we are without it). During this workshop, we'll start by discussing some of the ways masking can show up, why we mask, and the impact of masking. Then, we'll dive into some strategies for unmasking, such as learning what your needs are, accommodations and sensory aids that could be helpful, setting boundaries to prevent burnout, and discovering more about who you are authentically. This workshop is designed for Neurodivergent Mines students or those who are wanting to know more about this experience. (Grad and undergrad students welcome!)

Common concerns addressed in this workshop:

- Feeling like you don't have a strong sense of identity
- Struggling to feel connected to others
- Becoming quickly exhausted in social situations
- Being "fine" in stressful situations then melting/shutting down when you get home
- Sacrificing your needs in order to blend in
- Not knowing how to start unmasking because you've been doing it for so long

Quick coping tips/strategies discussed in the workshop:

- Learning what your needs are by taking note of what makes a distressing situation distressing (Was it too loud? Too Crowded? Were the expectations unclear?)
- Using sensory aids such as earbuds, sunglasses, a mask, fidget toys, grounding objects, etc.
- Asking for accommodations at work and school
- Setting boundaries to prevent burnout
- Getting to know your authentic self
- Experimenting with unmasking by testing it out with safe people/places
- Examples of what you can say if someone questions you for unmasking

To learn more, attend The Art of Unmasking Life Hack!

