

NWCS Presents:

Beyond the Mask of Strength

4 Key Strategies for Resilience and Healing

Presented By: **Dr. Tanesha L. Rorie, PhD, LPCC-S**





The Opportunity



Gain Tools! Facilitate Growth! Just Be!

- Identify ways in which your mental health has been challenged
- Explore resilience and what it looks like in today's experience
- Learn at least four strategies for accessing and using resilience in every day life

Why does the mask exist?



Survival

Navigating systems, multiple roles, and life!



Image

How you'd like to present to the world



Protection

Safety concerns

Common stressors



- ✓ Relationships
- ✓ Finances
- ✓ Work/Career
- ✓ Clinical Issues
- ✓ Navigating systems not designed for non-dominant groups



How does it affect us?

1

Mental health issues

Depression, anxiety,
trauma triggers

2

Physiologically

Eating habits, sleep
patterns, somatic
manifestations

3

Relationships

Communication patterns,
connection



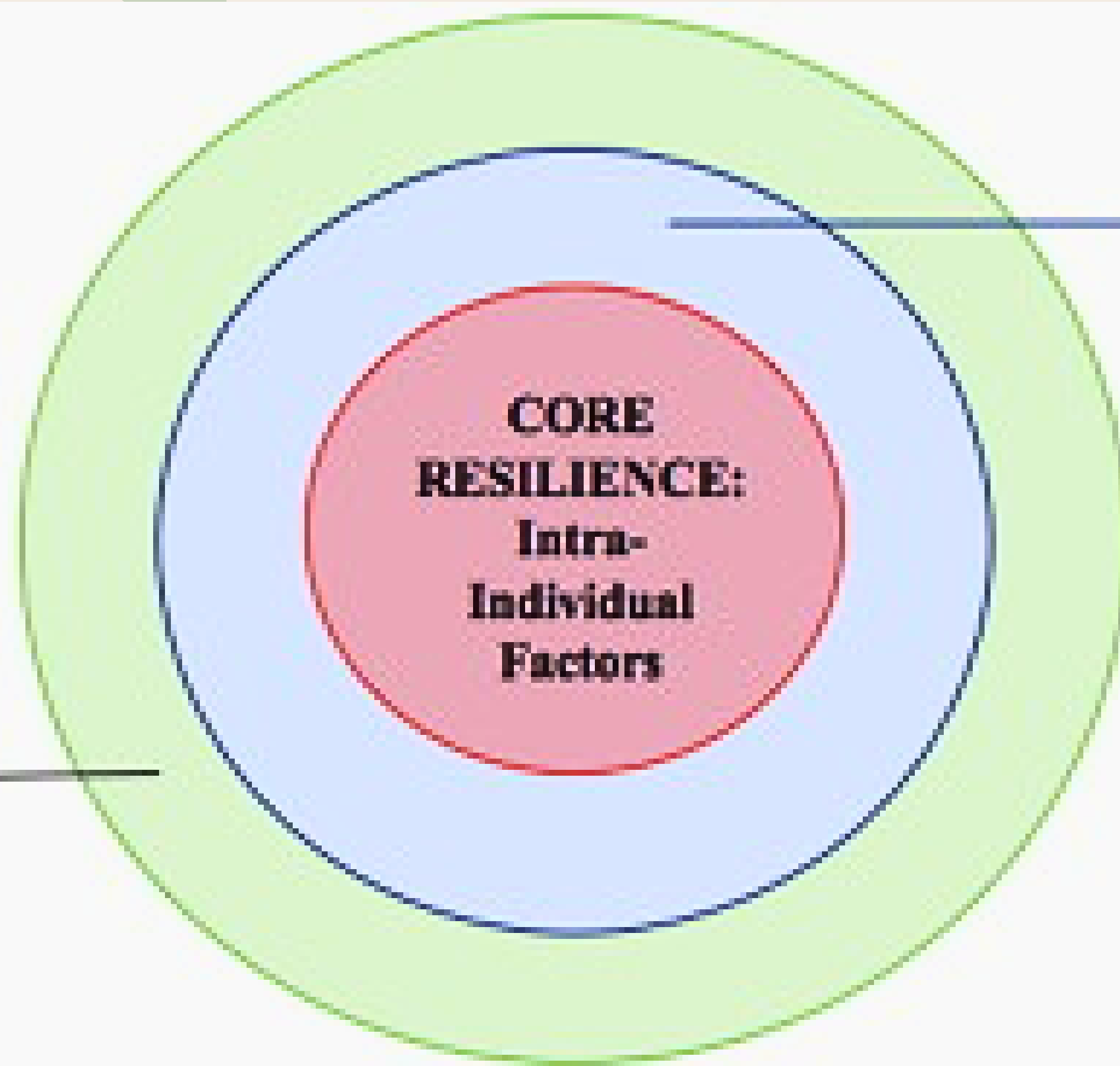


What is resilience?

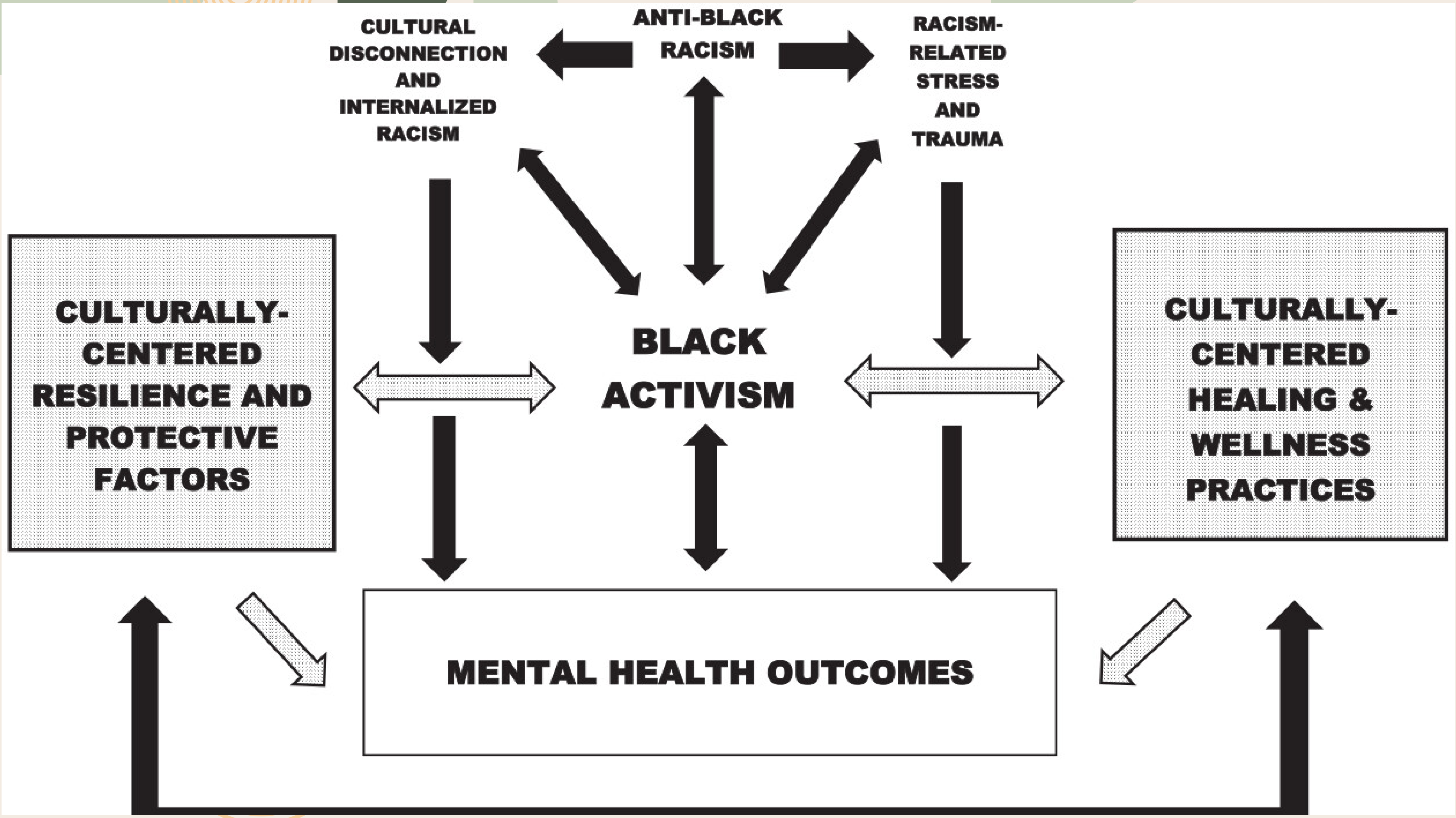
- ✓ “the ability to adapt, recover, and grow in the face of adversity, trauma, or significant stress.” (APA, 2026)
- ✓ Ability to “bounce back”
- ✓ Examples can include degree of optimism, gratitude, acknowledging/feeling , beyond just coping



**EXTERNAL
RESILIENCE:
Socio-ecological
Factors**



**INTERNAL
RESILIENCE:
Interpersonal
Factors**



4 Key Strategies for Resilience: How to Access It

- ✓ What has worked in the past?
- ✓ What are your protective factors?
- ✓ What brings you joy?
- ✓ What creates connection/community?



4 Key Strategies for Resilience: How to Use It

- ✓ **Using your access points, make a list of what stands out. Name your top four.**
 - **Something you can revisit**
 - **Something you are already doing**
 - **Something new you'd like to try**
 - **Something you can implement with just you!**





Let's Work!

- ✦ **What are ways in which you see yourself being resilient going forward?**
- ✦ **What could get in the way of being resilient?**

> **Our Mission**

NWCS is a mental health and wellness practice committed to providing quality mental health services based on cultural humility and social justice.

> **Specialty Groups/Areas**

- BIPOC Communities
- Prenatal, Perinatal, and Postpartum individuals
- Sports Counseling.

> **Services Provided**

- Individual
- Couples/Family
- Group
- Consultation

> **Commitment to Quality Care**



About NWCS



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The Team

New Walk Counseling Services

Let's start your NEW WALK together!

Contact Us

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Serving Ohio.

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Questions?

