

Redefining Health & Wellness

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Featured this episode: Shohreh Davoodi & Tiffany Cunningham & Ally Ridnour

Shohreh Davoodi: Now that we have officially passed the 50 episode mark, I can say that this is episode number 51 of the Redefining Health & Wellness podcast, and the Girl Gang is back. Yeah, we know you missed us! The content of this episode was actually created by you. We asked for question submissions from listeners, and today we will be answering those questions to the best of our ability. We give out advice for mental health in the pandemic, talk about our snack styles, discuss our thoughts on how to have lasting adult friendship, and so much more. To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/51. That's shohrehdavoodi.com/51.

[Music plays]

Hey y'all! Welcome to the Redefining Health & Wellness podcast. I'm your host, Shohreh Davoodi. I'm a certified intuitive eating counselor and a certified personal trainer. I help people improve their relationships with exercise, food, and their bodies so they can ditch diet culture for good and do what feels right for them.

Through this podcast I want to give you the tools to redefine what health and wellness mean to you by exposing myths and misconceptions, delving into all the areas of health that often get ignored, and reminding you that health and wellness are not moral obligations. Are you ready? Let's fuck some shit up.

Alright, y'all. I know that you have been missing the Girl Gang with your entire hearts and souls, because a lot of y'all seem to stan us and this friendship. And it is baffling to the three of us, but we also quite enjoy it. So, guess what, you get another Girl Gang episode. And y'all had a part in deciding what this episode was about because you submitted questions, and it should be a grand old time.

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But first, Ally and Tiffany, how are you doing? Everyone out in the world doesn't realize that we actually haven't seen each other in probably nearly three months altogether because of the freaking pandemic that's going on.

Ally Ridnour: Yeah, thanks so much for asking, Shohreh. I'm doing bad. [Laughter]

Shohreh: You don't say?

Ally: I would say my pandemic experience has been far better than it could be, but it's still bad, so [laughs]. But other than that, I'm great. I have very comfy sweatpants on, just had a LaCroix, feeling good, loving life, thriving. Not thriving, but you know.

Shohreh: Living.

Ally: Yes!

Tiffany: I was talking to my therapist via teletherapy the other day, and we both did the ever so polite, like, "How are you doing?" "How are you doing?" And I said after that, I was like, "Okay, we're gonna put a kibosh on that question, because everybody knows that we're not doing well." [laughter]

Ally: We're all doing bad!

Tiffany: I just don't like it that people are starting to call it "back in the normal times."

Shohreh: The "before times." Yep.

Tiffany: Don't like that! [Laughter]

Ally: Yeah. Yeah. Feels bad.

Tiffany: But I'm fine, with like seven I's [laughter].

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Ally: I've seen each of you once, like through a window or from a distance—
[laughter]

Tiffany: I know.

Ally: —which feels so sad.

Shohreh: It is sad.

Tiffany: I mean, I would say that we all looked cute and looked like we were doing okay when saw each other from a distance, so if that's any metric of like, "okayness," I would say that I am expecting y'all to both be doing good when we do see each other next.

Shohreh: Perfect.

Ally: Yeah, I blow dried my hair yesterday, so...

Shohreh: Wow!

Tiffany: No fucking way!

Ally: Yeah, like just for fun.

Tiffany: I haven't blow dried my hair in like ages. I actually did do the, I cut my own hair thing.

Ally: [Gasps!] You cut your hair?

Tiffany: Not, I mean, yeah, but I mean like my hair is so long, it, you hardly even, you can't even tell. Well, you can, it's shorter. But yeah, it wasn't like it was a big risky thing.

Shohreh: But did you notch your eyebrow?

Tiffany: No. That was Ally.

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- Shohreh:** ‘Cause I think we know someone who did that.
- Ally:** Listen... listen. [laughs] You guys, for one thing, it looks really good, so, um, I kinda love it. One of my friends, I like, I showed it to him, and he was like, “I wanna do that to my eyebrow,” and I was like, “You should.” We should all do it, it looks great, it’s fantastic. Eyebrows are low risk! Here’s the thing—I thought about shaving them off completely, and I still might, so that’s where I’m at.
- Shohreh:** Nope!
- Tiffany:** That’s a lot of maintenance.
- Ally:** Everything I do now is based on TikTok, first of all. So I saw all these girls with, like, straight across eyebrows, and I kinda want them. But I don’t have that, so I have to like shave off and blank canvas.
- Shohreh:** To be fair, you have enough hair that you could actually pull that off, whereas I’ve been using like a serum for the last two months to get my eyebrow hairs to grow in—and they look amazing, let me tell you [laughs]—but I’m like not going to get rid of all my hard work.
- Ally:** Exclusive Ally fact for all of you listeners out there, is that every single one of my hair follicles grows two hairs, so...
- Shohreh:** At least. At least two hairs.
- Ally:** At least! A minimum of two hairs! And I do mean *every* follicle, so keep that in mind [laughter].
- Tiffany:** I have wizard eyebrows [laughter].

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- Ally:** That's actually a thing that runs in my family. We call them "horned owl" eyebrows because they grow, like, kind of up, like a horned owl. It's a legit thing. My grandpa has them, my dad has them, I will have them too, so.
- Tiffany:** Like I had to pull out a hair from like my eyebrows that was like, I don't know, two inches longer than the rest of them?
- Ally:** What?! [Laughter]
- Tiffany:** They just appear. I don't know what happened, they just appear overnight.
- Shohreh:** Wow.
- Ally:** Oh my god.
- Tiffany:** Wizard eyebrows.
- Ally:** Also, can I just say this has spiraled very quickly.
- Shohreh:** I was about to say, we're already so off topic, and we haven't even gotten to the questions yet. [laughter] So we're doing great, team.
- Ally:** Ooh, okay, I'm pulling it together, I'm good.
- Tiffany:** Okay, okay.
- Shohreh:** Alright, well. We've got some questions that have been submitted. Some people gave their names, and some people gave anonymous, "Dear Abby" style names. So I'm gonna be reading some of those questions. I've categorized them to make it a little bit easier as we're going through. Should be entertaining. There's a mix of some serious questions as well as some purely random questions, which are gonna be great. And we'll just see what happens. We have not rehearsed what we're gonna say for the

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most part. I haven't even thought about a lot of these, so we're just gonna see what comes up.

But our first category is pandemic times where questions that are related to the current situation of the pandemic. So, the first question that we have comes to us from Anxious Aerialist and it is, as grounded aerialists, what are some of your go-to movement practices to help shake things up when you get antsy for the air?

Tiffany: Oh man, that is such a loaded question. I don't know. I too am having a lot of anxiety about getting back in the air, partly because my activity level has been really low. But I would say, we've already mentioned multiple times in the past our Monday Zoom call, which is one of my favorite times of the week [laughter].

Ally: Yes.

Tiffany: I find myself like doing little things. I don't know, I've been doing like ballet stuff at my kitchen counter, and yoga stuff during the five minutes between making PDFs. It's all little stuff, but nothing big. Y'all have been taking like classes and stuff online though.

Ally: We're very fortunate that our studio is offering a vast array of Zoom classes. I'm somebody that really thrives on like a routine and classes that I can sign up for. That keeps me motivated, especially when I've invested money in them. That's been the best thing for me is like signing up for classes.

I do one that I really enjoy that's—I say enjoy, it's extremely difficult as well [laughter]—centered around a pull-up bar, which I'm fortunate enough to have a pull up bar at home. So I do an entire class that's focused on that

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and it kicks my ass, but it's like, for me it's the only thing that feels similar to being in the air, like using the same muscles.

So that, and also dancing. I very much enjoy dancing, and it's not something I focus on a lot, so I'm trying to find the joy in that. I've been working on my handstands because why not. They've gotten a little bit better. I'm not great at handstands, just so we're clear.

Shohreh: I think you're forgetting the amazing programming that you purchased from the best personal trainer around.

Ally: You're right. You're right, I did. Why I thrive on classes is because I do not like to make my own workouts. It makes me unmotivated. I don't like doing my own programming. So I bought programming from Shohreh, and that has been great. It makes me actually stick to my routine, because I paid her American dollars for it [laughter]

Tiffany: As opposed to Canadian dollars.

Shohreh: I don't accept Canadian dollars. I don't accept the Russian ruble either if anyone was wondering. [laughter]

Ally: Okay, listen. I paid for programming, and that keeps me motivated to actually work out.

Shohreh: This entire episode is actually just a secret plug for my personalized exercise programming services, in case y'all were wondering.

Ally: She's paying me to say this [laughs].

Tiffany: I think we talked about this one day when we were doing a Monday Zoom meeting. You said something really funny, but it was like, "I'm paying you to make me do things that I don't like" or something like that?

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- Ally:** Yeah, because just to be clear, full disclosure, I have a very healthy relationship with exercise. It's not like I'm paying Shohreh to make me do things that I hate.
- Shohreh:** I'm gently encouraging Ally to try some things that she might not do on her own.
- Ally:** And she keeps my workouts balanced, because Shohreh can tell you, she can attest to the fact, that if I do my own programing I will only do butt stuff and— [laughter]
- Shohreh:** I think there's other regions where that's true too [laughter].
- Ally:** Ha-ha! Maybe!
- Shohreh:** He-he.
- Ally:** As fun as it is to only do butt stuff, it doesn't feel great for my body if that's all that I do.
- Shohreh:** It already overbalances everything else. We've really gotta work the other muscles [laughter].
- Ally:** Yes. That was a very long way of saying that basically I thrive on structure, so I pay for programing and I take classes.
- Shohreh:** Yeah, and I've been taking a lot of those similar classes to Ally. The pull-up bar class is rough, as she mentioned. And I actually have been a big fan of, our studio has some morning classes at like 10:00 AM that are only a half hour, and those have been perfect for me because it's just a great way to make sure I get out of bed at a decent time because I've been going to bed way later than usual during the pandemic. And like 30 minutes is just enough that I'm like, okay, I can get engaged in this, I can get moving, but

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it's not like I'm gonna cancel it 'cause I'm like, ugh, I don't wanna do a whole hour because I have so much other stuff to do. So that's been helpful.

Again, our Monday evening workouts are great because I usually strength train in my studio during that time while we're Zoom chatting.

Beyond that, it's just been a lot of walks. Walking the dog or, because Jason's working from home, we've been walking in the middle of the afternoons as well, so that's honestly been what I'm doing the most of.

Tiffany: You know, I have to come back and revisit this, because like, it just occurred to me that the thing that I have been doing the most of as far as movement is working in my backyard. It was a mess, and we've been living in this house for, I guess, almost a year now, and the backyard we never dealt with, and so it was just like, gone to seed. And so I've been literally [laughs] mowing a square at a time, and it's still not done. But it's just like, I'll go out there for like 20 minutes and just poodle around with the lawnmower, and it has both reminded me how the sun works [laughter] and it's given me an opportunity to sweat. I enjoy that feeling of sweating. You know, it's like—it makes you feel kind of refreshed and, I don't know, alive, hearty [laughs].

Shohreh: And yard work is totally exercise, so I'm glad that you said that. Because people often don't think of that as exercise in their minds, but it's freakin' hard work.

Tiffany: Oh yeah, mowing the lawn, like vacuuming. Vacuuming is one of the things—

Shohreh: Oh, it's so hard.

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- Ally:** Yes!
- Tiffany:** Like I said, I do small stuff. I'll just like wander around the house and do a little bit here and there, and mop a little bit, and I'll find myself doing some push up against the wall or something. I don't realize how much I move 'cause I always think of myself as a very sedentary person, but when I actually stop to think about it, I have been moving a lot [laughs].
- Shohreh:** Yeah! Alright, our next question was submitted by Mommy Dentist, and it is what have you all been doing during this time to help with anxiety and stress? Another loaded question! [Laughter]
- Ally:** Yeah. I'm just gonna go ahead and say therapy, first of all.
- Shohreh:** So much teletherapy!
- Tiffany:** So much teletherapy!
- Ally:** I consider myself, and I'm sure you guys can agree with this, extremely lucky to have already had a therapist that I have a good relationship and a working relationship with. So I think if I was trying to find a therapist in this time I would not have the energy to do so.
- Tiffany:** Yeah.
- Ally:** And therapy has been probably my number one [laughs]. But on top of that, I very much enjoy doing very stupid crafts, and by that I mean I recently made a plaster mold of my hand giving the middle finger.
- Tiffany:** Nice.
- Ally:** So, feel good about that!
- Shohreh:** I'm totally for that. [Laughs]

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- Tiffany:** I'm so into this.
- Ally:** I love it so much. I'm very excited about it. I, like, put it on a shelf in my bedroom. Oh my god, it's my favorite thing.
- Tiffany:** I want one!
- Ally:** I'll make you one! Do you want one?
- Shohreh:** Can we all have matching ones please?
- Ally:** Yeah, okay. I'll do that. Oh my god, this is exciting. Wow, okay [laughter].
- Shohreh:** Crafting is the best!
- Ally:** I've been taking a lot of baths. I've been reading a lot. One thing I do that I never thought I would do before is turn off my phone. Probably once a week or so, for like an entire evening, I'll just turn off my phone. And I've never been somebody that feels stressed out by my phone, but I feel that right now. So that's been really good for me.
- Also masturbating. I'm gonna be honest with y'all, been doing a lot of that.
- Tiffany:** Oh, no, totally [laughter]. Oh yeah.
- Ally:** I don't know if this is TMI, but like, I take my lunch break and I just go into my bedroom, and I'm like mmm [laughs]. Alright, I'm ready to focus.
- Tiffany:** I've done that once or twice, not gonna lie.
- Shohreh:** It's like a good midday break, I mean—
- Ally:** Yeah.
- Shohreh:** —in the middle of the work day, it's perfect.

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- Ally:** It helps me recenter my thoughts [laughter].
- Tiffany:** That's totally valid, and I will heartily admit that yes, I have done that once or twice. Also, I usually do it before I go to sleep because I've had a really hard time sleeping, like—
- Ally:** Yes!
- Tiffany:** Actually, a couple of times I've done it when I woke up, because I couldn't get out of bed.
- Ally:** Yeah, same.
- Tiffany:** It's a really good way to, like, wake up your body and kind of get in touch with yourself, literally.
- Ally:** Yeah, like, put you in a good mood in the morning.
- Tiffany:** I would definitely agree with you about the therapy, and I, too, am incredibly privileged to have had a relationship with my therapist now for almost two years. Literally, we had a conversation last week where they said, basically, having done all of this has gotten me ready for like hard mode. Like the “normal times” was easy mode, and now we're on hard mode [laughs].
- Ally:** Yeah.
- Tiffany:** And so I do think that that has helped a lot. It's given me some tools like journaling, and meditating, and giving myself permission to feel emotions and talk about emotions, which is something that a couple of years ago I would have never done. I would have just sat on all of that anxiety and stress, and now, like when I am feeling upset or if I am feeling stressed about something, I will talk about it [laughs].

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But I do find myself needing to do stuff with my hands a lot, and so, I actually have taken up knitting again, because I used to knit all the time. And I have started working on a blanket, which I'm calling the pandemic blanket. And then, yeah, crafting. I've started getting back into coloring, adult coloring books. And I've actually been doing like tracing them onto other papers and then coloring them on there so they have a better look about them instead of just being white.

I think a lot of times all of the crafty things are things that I can do with my hands in order to give my mind time to think about things, because whether it's knitting or whether it's going out and doing the yaw—I was about to say, the lawn and the yard and I said yard [laughter].

Ally: The yawn work.

Shohreh: Yawn work. It is, it can be boring, that yawn work [laughter].

Tiffany: But I mean like, it's like a place for me to think about things, and feel the emotions, and there's nothing better than going out and rage mowing the lawn or sad knitting, I don't know.

Ally: Yeah, I feel you. I went for a rage run the other day, and I don't run, but I just had so much rage inside me that I ran, so.

Shohreh: Yep, I do that too [laughter].

Tiffany: What have you been doing, Shohreh?

Shohreh: So, I'm gonna be the first to admit that I've been doing some unhealthy things in terms of dealing with anxiety and stress during this time. The biggest one has just been like working ridiculous hours. And it's partly by necessity, but also when you run your own business it's like there will always be more work, so it's always hard to keep good boundaries. And

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it's been especially hard lately because of the extra stress of pivoting my business, losing clients, trying to figure out how things are gonna look because well, this will be the first time I'm talking about this publicly, I've decided to move my business 100% online permanently as a result of this pandemic. Which is a direction I planned to go in anyways and was already moving that way, and the pandemic was just kind of like, "Here you go, bitch! We're doing it!" [Laughter]

So that's happening, and that has just meant extra work figuring things out, figuring out finances, applying for grants, like, all kinds of weird stuff. And so I've been working really long hours, and I've been working really late into the night, and like I mentioned earlier, my sleep has been super off. So that's not the greatest.

However, I have been doing some things that are a little bit healthier. Journaling is a big one. I don't do it super regularly, but I have made a point to keep coming back to it when I need it, and so that's been really helpful. Organizing is one of my favorite things. So I've been doing a lot of organizing around the house, going into more cluttered areas and getting rid of things that we don't need and rearranging things. And that's been fun for me. That's like weirdly soothing for my brain to make a space neater. I don't know, I get that from my mom. So, doing a lot of that.

What else have I been up to? I wanna do some more crafting and things like that, but the biggest thing probably that I'm putting in place right now is that in realizing how much I've been working, and also in realizing that I would have taken multiple vacations by now if not for the pandemic, I have blocked my calendar next week for appointments. I still have some that I just could not shift, but the vast majority of my client appointments I've blocked the calendar. Not only did I do that, I went through the calendar

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for the entire rest of the year and picked weeks to block my calendar for, which felt really amazing, because I was like, “Hey, I’m my own boss! This is the thing I’m allowed to do.”

Ally: Yeah!

Tiffany: Yay!

Shohreh: So that was an exciting moment, because I was like, okay, I can exercise this power over my schedule, and because all my clients book their own stuff, it doesn’t really affect me from a financial standpoint. It’s really just me giving myself breathing room those weeks to not only catch up on non-client work, but also to do other fun things that I wanna do, or get to bed at a normal time, or watch TV.

Tiffany: Yay!

Ally: Yeah, and I think it’s especially hard, because I think most of us are probably not gonna take many, if any, vacations for probably the rest of the year.

Shohreh: Right.

Ally: But you’re still allowed to take time off work, even if you’re not going on a vacation.

Shohreh: Yeah, and I also feel like a lot of employers or friends of mine have been saying dumb stuff about like, “Enjoy this time! Relax!” Like, kind of treating it like it’s supposed to be like a vacation [laughter]. I’m like no one’s fucking relaxing.

Ally: Yeah.

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Shohreh: So we have one more question in pandemic times, and that comes to us from Kate. And she asked what our best culture consumed in quarantine is so far, whether that's a book, a podcast episode, a record. And she says it doesn't have to be new to us, just something that has given us exactly what we needed in the moment that we experienced it.

Ally: Okay, I'm ready for this one.

Shohreh: Go for it.

Ally: Okay, I have a few things. First of all, Watermelon Sugar music video by Harry Styles

Shohreh: Which is just a beautiful orgy, to be clear, if you haven't seen it, y'all.

Ally: You'll have to see it! Second thing is the Netflix special, Middleditch and Schwartz. If you haven't seen it, it's delightful. Have neither of y'all seen this?

Shohreh: Mm mm.

Tiffany: I've not seen it.

Ally: Oh my god, it's so good. Okay, it's Ben Schwartz, which is, if you've seen Parks and Rec, he plays Jean-Ralphio, and Thomas Middleditch, who was on Silicon Valley. And they did a tour last year where they did like long-form improv. And I'm not a huge improv fan, but it is genuinely like one of the funniest things I've ever seen.

So, three of the shows from that tour they recorded and put on Netflix. They did a show in Austin and I went to it, and it was like one of the best things I'd ever seen in my life. So I was very excited for the Netflix special. I watched them. They're fantastic.

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But, the best thing that I've consumed in quarantine, Shohreh, are you ready for this?

Shohreh: Yes, tell me [laughter].

Ally: You know what it is! It is a little show called Avatar: The Last Airbender.

Shohreh: Argh! [laughter]

Ally: Obviously I've seen it before. I just finished re-watching it because as I'm sure many of you know, because I'm sure all of you have seen it...

Tiffany: I actually haven't.

Ally: [Laughter] Wha? What?! Okay, well, both of you need to watch it. It's one of the best shows ever. Okay, it just is. It's a kid show, right? But it covers so many great topics. I love everything about the show. It's so good. If you haven't watched it, please do yourself the favor of watching it. It's on Netflix. It's only three seasons. You can do it, you can do it in like a couple of days. You definitely should do it. I'm just, don't talk to me until you've done it, is what I'm saying. So, that's the best thing I've consumed in quarantine, that's the end of my PSA, thank you [laughter].

Shohreh: To be fair, I did add it to my list after you ranted about it for like three days in text message, [laughs] so I will consider watching the show.

Ally: It's so good! It's so good! It has so many important topics, like what you do if your girlfriend turns into the moon, okay? You need to know what happens if your girlfriend turns into the moon, and the show will tell you what to do, how to get over it, so.

Shohreh: Well, alrighty then. Thank you.

Ally: I'm just saying. That's it, that's my answer. Thank you for listening.

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Shohreh: Okay.

Ally: If you'd like to hear more about Avatar, just ask me. I can do a whole episode about it.

Shohreh: Just go into Ally's DMs, because she will not be doing a whole episode about that on this podcast. Better yet, Ally, start your own podcast just about your Avatar fandom.

Ally: Wait, that's a good idea. If you want that, DM me. Okay.

Shohreh: Alright, moving on [laughter]. Oh lord. Okay.

I have a few things. First of all, Untamed, Glennon Doyle's new book, was fan-fucking-tastic. I got through it really quickly. I was listening to the audiobook, which she narrated. It covers a lot of topics, and the main story theme throughout is her relationship with and marriage to Abby Wambach.

If you don't know who Glennon Doyle is, I will link to both of their Instagrams, 'cause their Instagrams are hilarious. She was known as like a Christian mommy blogger, was married to a man, had children with this man, and then left that marriage to go and date and marry World Cup superstar, Abby Wambach. So super badass. They're adorable.

And the story's really interesting and technically would be under the self-help category, but it's the best kind of self-help, because in this book the conclusion is that you are already awesome, and amazing, and worthy, without having to change anything, right? And a lot of self-help is like, "You've gotta change this shit to be whatever!" And that is not the conclusion here. The conclusion here is that the deeper we go into ourselves, the more authentic and wonderful the life that we get to live. And it just really resonated with me, so I highly recommend that.

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Dua Lipa's new album, Future Nostalgia is like happy dance fun times if you wanna pretend that you're at the club and not in a pandemic. I've been listening to it a lot.

And then I binge watched Never Have I Ever on Netflix, which is Mindy Kaling's new show. It's definitely intended for a young adult audience, but I thought it was hilarious. Honestly, it's a super diverse show. The only thing that it fucks up is that the fat teenage character is written into a very stereotypical role in jokes. It's super frustrating, especially on a show that's so diverse and honestly was doing everything else so well. So I do wanna just throw that caveat in there as a warning if you wanna watch it, that that is happening there. But I think the rest of it was so, so good that if you can get past that part, then it's a great show to watch, and you'll go through it very quickly. And I think it tackles teenage stuff and growing up really, really well. So those are the three things that have been what I needed during this quarantine.

Tiffany:

That's a very good list. I don't know if I have three things. I mean, my consumption of media has been dialed back, but I do play a lot of video games. Circumstances being what they are, in order to stay connected with some of my really, really close friends and such, I have been playing a lot of MMORPGs, multi-player universe whatever.

Anyways, one of my incredibly dear friends got me into playing the Elder Scrolls online. [laughs] And so, for the last two months I've been playing the murderess dark brother/child that I always wanted to be. Going around and murdering people, and stealing their gold, and just generally getting into a lot of mischief, and saving Tamriel, whatever. That has given me the escape, I think, I really needed.

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As far as like TV and stuff-wise, like, honestly, the only thing that I've really done is I've gone back and I've started watching The Golden Girls again.

Shohreh: Nice!

Ally: Love that! [Laughter]

Tiffany: And I'm like, I know in my little gay heart that these women speak to me, and they're speaking more and more to me as I have gotten older [laughs]. I'm like, I feel all of them right now.

Ally: Okay, which Golden Girl do you most identify with?

Tiffany: Dorothy.

Ally: Which one is she?

Tiffany: The tall one [laughs].

Ally: Okay. Okay.

Tiffany: Not Blanche and not Betty White.

Ally: Okay, I know which one that is.

Tiffany: And then I went back, and I've been watching episodes of Sailor Moon, because of course. Which I've really started to embrace my love of magical girls. Both Sailor Moon and Cardcaptor Sakura were two things that got me through a lot of the depression, and anxiety, and difficult times of years past, and it was a good chance for me to revisit them.

And then, like, music-wise, honestly, the thing that I have been listening to the most is the MISSIO album that came out last year. That has been, like, the genre-defying music that has fueled my quarantine, I think, all over the place, which is where my brain is at [laughs]. Yeah, if you want to have a

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good cry, go listen to the MISSIO song, I See You, and you'll thank me.
And also, I'll send ya tissues [laughter].

Shohreh: Good to know, good to know. Alright, shall we move to our next category?

Tiffany: Yeah.

Ally: Let's do it.

Shohreh: So we're moving to the lifestyle category, which will mostly be dominated by Ally, I am warning everyone in advance [laughter].

Ally: Sick!

Shohreh: And let's just start with a question that was literally asked to Ally only, because Tiffany and I have nothing to say [laughter]. And this question comes to us from Jenna, and I'm going to read it exactly as she wrote it: Okay, for real though Ally, how do you function in life with long acrylics? Can you lift weights? Type? Text? Wash your hair? What's realistic? what's impossible?

Ally: [Laughs] Okay, first of all I'm gonna say nothing is impossible if you just believe in your dreams. That said [laughs], some things are a little bit more difficult than others. So, what I definitely don't do with acrylics on is I do not do aerials, ever. Well, okay, I don't do them with extremely long acrylics. I can make it work with like what I consider to be short acrylics, what I think others might consider to be somewhat long acrylics [laughs]. And that works only, I think, because the silks are thick enough that my hand doesn't really need to make a full fist. But basically, I don't do aerials if I have acrylics on. I only put them on if I'm taking a break from aerials, generally.

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The other thing that I absolutely cannot do is get a credit card out of, like, a slot, at a gas station or like a parking meter or something.

Shohreh: That's hilariously random!

Ally: Yeah, I know. It's, you wouldn't think about it. That said, there are ways around it. But let me also just say, things that are really easy that I think people think are difficult are lifting weights. It's never affected the way that I lift weights. I guess just the way that the barbell is thick enough, and you're not really making a full fist, so I'm always able to kind of keep my nails out of the way. So I don't really struggle at all with lifting weights.

Washing your hair feels really good actually with acrylics on 'cause you can kind of scratch out your scalp. Texting isn't too bad. I usually do this weird pose where I text with like the thumb of one hand and the index finger with the other hand, because if you have two long thumbs they'll get in the way of each other, but one thumb, index finger of the other hand, not too bad.

Typing is a little bit difficult. I think if I had a job where I typed more it would get in the way, but I kind of have like a clicky job [laughs]. I don't do a lot of typing, otherwise I might be a little bit more annoyed. Taking out contacts is a little bit difficult. You kind of just have to use the sides of your fingers [laughs].

So my answer to this is like, there's pretty much ways around everything if you're committed to the idea of long nails, which I am. The other thing that I do is carry around tweezers, [laughs] and the tweezers help me do things like get my credit card out of slots that I can't get into [laughter].

Shohreh: That's fucking funny!

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Ally: The girl that does my nails actually makes custom sparkly tweezers because she understands the struggle. So that's my advice, is get yourself some tweezers, or pay somebody to do everything for you so you don't have to use your fingers. That's the ideal! [Laughter] I know for a fact, I've asked Tiffany to get a card out of a machine before.

Tiffany: Oh yeah, no, I totally have done that before.

Ally: I've been getting acrylics done for years at this point, so there definitely was a bit of a learning curve. The other two things that I think are extremely difficult that you might not think about are opening cans—and the way that I do that is I use my thumb to press on the tab of the can to kinda like lift up the edge of it, and then I slide the side of my finger underneath it to open it—and then the other thing that's extremely difficult and also hilarious is trying to pick up coins off of a hard surface [laughter]. Or anything really small.

I remember for Christmas I had really long nails, and my family was doing a puzzle. And I have a reputation in my family for being really good at doing puzzles. And my family was like, finally we have found a way to slow you down, because I couldn't pick up the puzzle pieces. So I would have to like slide them off the table into my open palm to be able to maneuver them.

Tiffany: Aww.

Ally: So yeah, puzzles and acrylics also don't super mix. But my general answer is, I think it's less difficult than people tend to think that it is. Contrary to popular belief, wiping your ass is not difficult with acrylics [laughter]. So that's my answer.

Shohreh: Yeah, I never think about any of this stuff, because I've had short nails forever. I mean I played the oboe for 10 years, and you cannot have long

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nails when you're playing the oboe, it's extremely difficult. And then I started doing trapeze, which is different from silks in that the minute that your nails basically go over your nail beds they drive into your fingers when you wrap them around the trapeze bar, and it feels horrible.

So, right now I just got, from my nail artist, some press-ons that are like long for me, like an almond shaped nail—Ally's like, these are baby nails—but for me, would be the longest nails I have ever had, and I haven't put them on yet 'cause I just haven't had time, because as we've discussed previously, I've been working a lot [laughs]. But I am very excited because obviously we haven't been on our apparatuses, so this may be one of the only opportunities I get in a while to get to enjoy longer nails—

Ally: Yeah!

Shohreh: —and see how it is, so I'm gonna get to put some of these things into practice!

Ally: Can we insert into the show notes your version of long nails versus my version of long nails? [Laughs]

Shohreh: We can. I will allow that. You can post a picture of your recent set of press-ons, and I will post a picture of my recent set of press-ons [laughter].

Ally: Yeah, slightly different.

Tiffany: You don't wanna see my nails. I made an attempt at painting my nails while I was in quarantine. I literally still have the black nail polish scraped on, that like I tried to scrape off because I fucked it up so bad [laughter].

Ally: Love that!

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- Tiffany:** If there was anything that's more on brand for me as like the fairy gothmother is just like shitty black nail polish all over my fingernails [laughter].
- Shohreh:** Love it!
- Ally:** Love it!
- Shohreh:** Okay, so our next lifestyle question comes to us from Kate, and she asks, when you snack, is it just salty? Just sweet? If it's a combo, what's your first taste, and what's your last?
- Snacks are one of my favorite things to talk about.
- Tiffany:** Yeah, this is a great question.
- Shohreh:** 'Cause snacks are the best. And also, I feel like I don't have amazing answers for this, because I like both salty and sweet things. I do lean more towards sweet, I would say, when it comes to snacking. But honestly, I'm just very in tune with what I want at any given time, and I will eat whatever that thing is. So I'm not someone who is like only salty or only sweet, and I'm also not someone who necessarily will start with just one or the other. Like yeah, I do like to end things on a sweet note, but also, I've totally been known to eat dessert before my dinner, a lot! So, I'm maybe not the best person [laughs] for this question because it's kind of chaotic and random.
- Tiffany:** I think that having a preference for like salty and sweet is not as common as people think, because I think a lot of people would say that they like a combination. I definitely lean more towards the sweet side than I do the salty. But I would also amend that to say, I like sweet and spicy, so like cinnamon, or like, the little ginger candies, or the mango slices with chili peppers, stuff like that.

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Shohreh: See, and I love sour, so that would be my other preferred flavor, probably over salty.

Tiffany: I like sour too. Like you go to the candy aisle, and they have everything separated into like chocolate and everything else, and I'm always on the everything else part.

Shohreh: Same! I literally have a candy drawer in my office that right now has like five or six different kinds of sour candy in it, so I cannot talk.

Tiffany: That's amazing, I love it. I will say, like, I liked sweet and spicy more than I just like sweet, it definitely changed the way I was able to consume candy, because I was able to target what I liked better. I think it was when I discovered that they made candied ginger, because I can eat an entire box of those.

Ally: Candied ginger is good!

Tiffany: Yeah.

Ally: I think listening to y'all I'm realizing I'm extremely boring. I really am not much of a snacker, I guess, to begin with. I rarely eat salty snacks. I would say I'm 98% sweet snackers. I think she asked if there was an order. I do not like to end with salty, ever, if I'm eating something salty, I have to eat something sweet to balance it out. If I'm eating chips, like I have to drink something afterwards, or I have to eat something, like ice cream or something afterwards.

I think that I treat dessert like a snack. Like I typically will eat dinner, and then I'll have dessert, like, two hours later when I'm reading in bed. So I guess that's a snack, but in my mind I'm like, this is still dinner, I don't know [laughs].

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- Shohreh:** A continuation of dinner.
- Ally:** I keep a bag of chips just in case, but I rarely ever find myself going to that. Although I will say, if I eat salty, I like to combine it with peanut butter. Peanut butter is also salty, I guess.
- Tiffany:** Peanut butter is one of those nice mix, like any sort of nut butter has that sweet/salty mix, like, you know when you do caramel and sea salt? Like, it has that same sort of palate.
- Ally:** Yeah, 'cause it is, it's a little sweet too.
- Tiffany:** Yeah.
- Ally:** And it's like creamy and fatty. Mmm, love it.
- Tiffany:** Yeah, I realize now I have more opinions on snacks than I thought [laughter] Because like, well no, I was thinking about this because I definitely like to snack on things that are juicy. So like fruit and stuff.
- Ally:** Oh, interesting.
- Tiffany:** If I were to have a peanut butter, it would have to come with jelly, because it has to have some sort of juiciness to it. I don't know, I just like juicy things. Things that have juice [laughter].
- Shohreh:** I could talk forever about snacks, honestly, but we have other questions we have to move along to.
- So we're gonna move onto our next topic, which has just one question, but it's a big and exciting question. And this comes from Brianna. And the question is, do you have advice for when you're the friend constantly reaching out to hang/talk, or general advice on how to make lasting friendships as an adult?

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Tiffany: I would say like, if you're asking as the person who is constantly reaching out to the person on the other end who doesn't necessarily always reciprocate, because I am that person, I can answer that part of that question.

Shohreh: Go for it!

Ally: Wait, you're the person that reaches out or you're the person that—

Tiffany: I'm the person that stays at home and never talks to anybody.

Ally: That is true [laughter].

Shohreh: Let's hear from that side of the story then! [Laughter]

Tiffany: Okay, so to answer that part of the question as the person who sits at home and never really gets in touch with people, what I would say is, don't be discouraged. Usually if you are reaching out a lot and you're having to do all the heavy lifting, I would say hopefully once you've started a friendship with somebody you would feel comfortable enough to say, "Hey, maybe we can have a little bit of equity here." But at the same time, don't get frustrated if they don't, because it's not that they don't wanna hang out with you. It's that they sometimes don't have the emotional energy to respond.

I was talking to one of my really close friends about how one of the things that really changed how secure we felt in our friendship was realizing that if one of us texted the other and the other person didn't respond right away, it wasn't that we were ignoring them, it was just that we either didn't have the emotional energy to respond or that we were busy, but really we did still care about the other person. And once we established that and talked about it, it really did change how well our friendship developed.

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So I'd say if you feel like your bids for communication are getting rejected, talk about it, 'cause that's something that helps a lot in a lot of the situations [laughs].

Shohreh: Yeah, and I would say too, you were saying for you it doesn't mean that you don't wanna hang out, but it's possible in this friendship maybe that person just doesn't wanna hang out as much or sees the friendship differently from you and the only way to know that is to have a conversation about it.

Tiffany: Yeah, yeah

Ally: I would say the difficult part about that is feeling the difference between like, for example, with Tiff, I understand in our friendship, like, it is more likely that I'm going to reach out or that Shohreh might reach out. We've talked about it, and we've kind of established the boundaries of our friendship, if that makes sense, as opposed to if there was somebody else that I was reaching out to constantly and not getting something back from, and maybe I don't know why that person is not responding.

So I think it can be difficult to differentiate. There's kind of two situations that could be. You certainly don't want to, and shouldn't have to have friendships that make you feel bad as the person that's reaching out. If somebody is making you feel bad that you're reaching out, I don't think that that's probably the healthiest friendship for you to be in.

Tiffany: Yeah, and it's okay to have friendships that have different degrees of success. I think it is really difficult to make friends as an adult, and I feel really lucky that y'all picked me, [laughter], 'cause y'all did. But, you know, Ally, you said you had some thoughts on this, so it's like making friends as an adult is hard. The maintenance part is figuring out, like you said,

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boundaries and what people's expectations and capabilities are. And so, once you're able to talk about that, that's a part of building your friendship, I think.

Ally: Yeah, absolutely. I think that's something that is really the difference for me between my adolescent friendships and my adult friendships. When I was younger I would find myself more in situations where my needs weren't being met, and I didn't know how to communicate to the other person, like, these are my needs, and this is maybe what I'm looking for in a friendship, or this is what I'm hoping to get out of, you know—I didn't know how to communicate that.

And so I found as an adult, my friendships that last are the ones where it's like, I'm being honest, and the other person is being honest. Tiff, you've been really honest about whether or not you may or may not respond to a text, and so I'm able to know that if I reach out and you don't respond, it's not because you hate me [laughs].

Tiffany: Well yeah, but it's also, even thinking about this today, there are times where either I'm working, or...I'm old, I'm slow. I don't keep up with y'all texting-wise. Y'all were having this really amazing conversation today, and I looked down at my phone and then I looked away, and then 10 minutes later there were 35 texts I hadn't read [laughter].

Ally: Yeah

Tiffany: And it's like, y'all are understanding of what my capabilities are too, so like, I don't text the same way that you guys do, and so, y'all are respectful of that. Y'all don't demand that I'm texting 35 messages.

Ally: Yeah. The right friends for you and the right people in your life will make you feel cared for, and supported, and loved, even if it's not in the way that

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you might imagine, which might be texting you constantly. With the right friendships you'll still feel that. You'll still know.

Tiffany: Yeah.

Shohreh: Or if what you need is someone who is gonna be constantly texting with you, and that's the way that a friendship is a working friendship for you, then that's something that you have to consider in the friends that you're choosing and who you wanna keep close. Because if you decide that that's a need for you, that's fine. But that might mean that there are certain people who are never going to play that role for you, and that goes back to what you were saying Tiff about how it's okay if you have friends who mean different things to you and who play different roles in your life.

Like some people may be the people that you see once or twice a year, and it's great and fine and you don't really talk much in between, and then other people, like the three of us, we're texting pretty constantly, and we are always checking in with each other. Like not every friendship is a Girl Gang friendship.

Ally: Most people probably don't have room for numerous friendships like that in their life.

Shohreh: That's true.

Tiffany: Yeah.

Ally: And our friendship is great and amazing. It's not, I wouldn't say, better than other friendships in my life.

Tiffany: I would agree with that. Like, it's okay to say that friendships will shift into different places at different times.

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Shohreh: Mmhmm.

Ally: Yes!

Tiffany: And so, there are people who I am incredibly close to and I love very, very deeply who I haven't talked to in months. And I have one friend who I consider her to be my closest friend that circumstances have not allowed us to get in touch with each other very frequently. And that changed from when we were in different situations where we were texting each other constantly. And so, it's okay that that balance changed.

The thing that I've learned as I've gotten older is that things can shift back too. It's okay to put boundaries on your friendships based on where you are in life, and it's okay to open them back up once that circumstance has changed. So, you might have room for more later, you might have room for less.

Shohreh: Yeah, because it's so true, the amount of communication is not what is the mark of a good friendship, right? The mark of a good friendship is someone who you feel good when you're around them, and you get along well, and typically you have some things in common, and you can be honest with each other. Because honestly, I think one of the biggest issues with having lasting adult friendships is this expectation that friendship is supposed to just be easy and just happen, right?

And at times it's like that, but the reality is, if you want lasting, real, authentic friendships, you have to be willing to have hard conversations. You have to be willing to talk about boundaries, which if you know from your romantic relationships, it's not easy there, it's not easy in friendships either. It's hard. But that's what makes for a lasting friendship, is that

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willingness to do that, and to say, “I care about you enough that I’m willing to be uncomfortable and have these difficult conversations.”

Tiffany: Yeah, in the same way that you have those conversations with your romantic partners, I think with that, like you were saying Shohreh, those conversations, they are ones that we should be having with our other types of relationships. It really does help having healthy relationships in all aspects of your life. And so that could extend to your family, not just your friends. Because I know that there’s also an expectation for like family members too, if you’re the person who is constantly reaching out to other family members, trying to get them to engage, it’s important to establish those boundaries there too.

Ally: Something I’ve realized as an adult, is like, my platonic friendships and all other relationships in my life can be just as important as a romantic relationship, and I want to put energy and effort into those as well. If you don’t put energy into your friendships, they’re not gonna last [laughs].

Shohreh: And it’s also valid if that’s not for you, because I’ve definitely heard some people say, you know what, my romantic relationship is the most important relationship in my life, it’s what I really wanna prioritize. I don’t really care that much about my friendships. And if that’s you, that’s fine. But also, your friends need to know that that’s where your priorities lie.

Ally: Yes! So basically, be honest. [laughs]

Shohreh: That’s what it all comes down to, right?

Ally: Have the hard talks. And the thing is, the right friends for you will make those hard talks feel easier. A good friend is not gonna make you feel like shit for setting a boundary.

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Tiffany: Yeah, and I think that as far as making those friendships, it's a little bit trial and error. It's like any relationship. Like you said, with romantic relationships you're kind of in the same boat, is you find somebody that you like, and you want to nurture that relationship, and so you see where that relationship kind of goes. And sometimes it blooms, and sometimes it fizzles.

Ally: I do feel like aerals makes it very easy to make friends. I feel like we kind of have this built-in community. We spend a lot of time together. We have one very big interest in common.

Shohreh: But I think that just goes to show that communities are a great place to make friends. Hobbies are a great place to make friends.

Ally: They are. And I think aerals is a great one. Consider aerals if you haven't tried it! [laughter]

Tiffany: But no, like, I would say, if you're in a position where you are in a new situation and you need to start building up a community of friends, thinking about where you have interests is a good place to start. If you, say, move to a new city and you had a hobby like aerals, yeah, it's gonna be super easy to find a studio there and meet people through that interest and have that built-in community. It still doesn't mean that every single person there is gonna become your best friend, but it at least gives you an opportunity.

But you can look at the things that interest you in life and find the communities that are out there. Because let's be honest, it's 2020, there's a community for everything. I'm pretty sure that there's gonna be some Discord server out there that literally just talks about different types of spices. If spices are your thing, find your spice community [laughter]. Spice it up!

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- Shohreh:** Spice up your life!
- Ally:** That's a good song, just by the way [laughter].
- Shohreh:** It fucking is!
- Ally:** But yeah, and also don't undervalue online friendships as well.
- Tiffany:** Oh yeah.
- Ally:** Because those can be really great. And I feel like as an adult they can *really* be great.
- Tiffany:** Oh yeah, no, they can. And I think that now, especially with the way that our lives are kind of shifting to be more online, I have quite a few online friends. And so, one of the things that we have talked about is finding ways to take that outside of doing the one thing that brought us together, which in my case was playing video games. And because I have these online friendships that I nurture, you know, we find ourselves sitting in chat just like, I'll just be sitting there knitting, and we'll be talking, and he'll be drawing, and it's just like hanging out with your friends. We just have to do it online.
- Ally:** Yeah, and right now we're all online friends, so.
- Tiffany:** Exactly.
- Shohreh:** Yep. So true.
- Tiffany:** I miss you.
- Ally:** Miss you!
- Shohreh:** So much missing happening. This is a fantastic question, and we could easily fill like three episodes just talking about adult friendships, so we

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have to pick an arbitrary cut-off point. But I'm sure we will be talking about friendship more in a future episode.

Tiffany: Yeah.

Ally: Yes, definitely.

Shohreh: Okay, so we have our final category, which is the random category where I put the silly questions, and we're just gonna see how they go. So, we will start with our question from Mackenzie, which is, what is a weird and interesting Wikipedia page to read when I'm bored surfing the web?

Ally: Okay, so I actually went back through my internet history to answer this question, because I have to be honest with you guys, I'm not an interesting Wikipedia user. What I've learned from this study is that 99% of what I look up on Wikipedia is movie plot lines and actors that were in those movies. [laughter]

Shohreh: And their ages.

Ally: Yes, that's pretty much all that I do. Because I watched the Bling Ring, which if you guys have not seen that, is a movie based on a series of burglaries that happened in like 2000, I don't know -

Shohreh: It has Emma Watson, right?

Ally: Yeah. One of the girls was like Alexis Neiers who had a reality show. Anyway, there's a movie about it. It's not great. But I was reading the Wikipedia page about the actual members of the Bling Ring. I don't know if I'd recommend it, it's really not that interesting.

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And the other Wikipedia page, if you're into true crime, that I was reading was, Aileen Wuornos—I don't know if that's how you say it. There was a movie about her as well that had Charlize Theron in it.

Tiffany: She won an Oscar for that.

Ally: Yeah, yeah, yeah! It was called Monster? Yes. So I was reading her Wikipedia page. Her life was very tragic. So maybe don't read that if you don't want to be sad.

Tiffany: Content warning. Content warning.

Ally: Yeah. [laughter] So that's all I got on that, sorry.

Shohreh: No, I can't blame you. I really am not a big Wikipedia person either. I use it for the exact same reasons that you do. It's usually like I'm watching something, and I wanna find out more information about the thing. So, my suggestion, I don't even know that the Wikipedia page is that cool, but it's just a cool thing I've been thinking about a lot lately, which is monarch butterflies because they're super badass.

Tiffany: Aww. Yeah.

Shohreh: And their life cycle story is really fascinating, and the pictures of them are really cool. So I'm just super into monarchs right now because I've been raising them in my backyard.

Tiffany: I love your butterflies.

Ally: Yeah, can I just say, I'm living for your butterfly watch content [laughs].

Shohreh: I have gotten so many DMs by people being like, "This is the only reason I'm on Instagram stories right now!"

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Ally: Literally, I look forward to your stories. I'm like, how is Ruth doing? How is Leslie doing?

Shohreh: Yes! So I've named them, because I've now become the person who names their caterpillars [laughter]. But, so, little aside on this is that I'm in this kind of Instagram business group type thing, and someone did an audit of my Instagram where they were giving helpful advice. And a lot of it was really useful, but one of the things they suggested is they're like, "Oh yeah, you should probably trim down your Instagram story highlights so you don't have so many. This monarchs one can go." And I was like, bitch please!

Ally: No it can't.

Shohreh: The monarch one was requested, and it is gonna stay [laughter].

Ally: You're wrong, you're objectively wrong!

Shohreh: Yep, so that is not getting deleted. The monarchs will live on. But anyways, that's all I have to offer. What about you, Tiff?

Tiffany: Okay, I'm totally cheating because I don't spend a lot of time on Wikipedia.

Ally: How dare you!

Tiffany: But I do spend a lot of time on TV Tropes. I'm not sure if y'all are familiar with this?

Ally: Oh my god, yes.

Tiffany: I'm going to try and be as succinct as possible. But I was a English major, with a background in literary criticism, with a focus on mythology, so doing this type of character study of plot devices, etc., is very near and dear to my heart. But the place I would start [laughter] because TV Tropes is a

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rabbit hole of the best kind for me. Start with Colour-Coded for Your Convenience. Because if you watch the Power Rangers, or you watch the Powerpuff Girls, or you watch Captain Planet—

Shohreh: Captain Planet is what I was about to say!

Tiffany: If you watch Captain Planet, you know this, you just don't have a name for it [laughter]. So, yeah, Colour-Coded for Your Convenience. It has links to all the different types of Colour-Coded for Your Convenience different sub-tropes, and it will link you back to the different media that has this trope part of it. So, you're welcome, I'll see you in a week [laughter].

Shohreh: Okay, well, we have one last question, and this comes to us from Top Gun Made Me Frisky. And the question is, what movie, even better, specific scene from a movie, was the first to make you feel a twinge in your lady parts?

Ally: I love this, first of all.

Tiffany: This is the best question.

Ally: Thank you for asking, Top Gun Made Me Frisky, [laughs] if that is your real name.

Tiffany: I just wanna know if it was Tom Cruise or Kelly McGillis that made you frisky?

Ally: Or Val Kilmer.

Tiffany: Eh... yeah, okay [laughter]. I mean if it was Anthony Edwards, no shame.

Ally: Top Cruise has always kind of grossed me out, I'm gonna be honest with you.

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- Tiffany:** No, I mean I feel it. but like, yeah.
- Ally:** To answer this question—I'm embarrassed to say mine, y'all [laughs]. Okay, my first slightly more, I feel better about this one, is Titanic, 'cause I'm a child of the 90s, and so I can specifically remember watching the sex scene and also the scene where Leo draws Kate Winslet nude doing things to me, so yeah. Sorry, I was just thinking about it for a minute.
- Anyway, the other one that I'm a little bit more embarrassed about is the movie Aladdin, and specifically the part where Jasmine gets captured by Jafar, and she wears her red outfit and a ponytail instead and that's like her being slutty, I don't know [laughter].
- Shohreh:** So ridiculous!
- Ally:** Listen! I, like, literally would fantasize about getting captured by Jafar, you guys.
- Shohreh:** Yeah, to be clear, she's not talking about being attracted to Jasmine right now. She's talking about being attracted to *Jafar* [laughter].
- Ally:** I wanted to be Jasmine and get kidnapped by Jafar. Please don't read anything into what that says about me now. I don't wanna know! [Laughs] So that's my answer.
- Shohreh:** Perfect.
- Tiffany:** Okay, y'all may know Barbarella as a bar. I know Barbarella as a movie with Jane Fonda in it.
- Ally:** I've heard of it.

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Tiffany: Oh. Oh my god. This is gonna have to happen at some point. We're gonna sit down, we're gonna get stoned, we're gonna watch Barbarella, it's gonna be amazing.

Ally: Yes!

Tiffany: Barbarella was like Baby Tiffany's, I'm gonna say unknown gay BDSM awakening, because [laughter], I think I watched this movie in like 1991, so I was like nine. There's a scene where Jane Fonda is in this weird, it's so hard to explain, but there are dolls with teeth, and they're like biting her, and for some reason that just did it for me, I don't know [laughter].

Ally: Sounds hot!

Tiffany: I don't know, it was just like, I guess it was just the masochist in me, I don't know. Okay, but then there's a scene that is—famously the villain for this movie is where the band Duran-Duran got their name—so the villain traps Jane Fonda in this device that is like a music machine that gives you orgasms, and [laughter] it's supposed to orgasm you to death?

Ally: Wait—

Shohreh: WHAT?!

Ally: You orgasm to *death*?

Tiffany: Yes.

Ally: Okay. [laughter] I think we need to watch this.

Shohreh: Obviously.

Tiffany: I'm telling you, I'm telling you, this is gonna be our next hangout, this is—

Ally: Is that scientifically possible to die from orgasming? Somebody tell us.

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Tiffany: I don't know, but yeah, just somebody tell us. Anyways. So yeah, that is the first, I wouldn't say, like, I mean, I don't know if it was the first time, but it's definitely something that has stood out for like 30 years [laughter]. I mean, I can still think about that scene right now, and I'm just like mmm [laughter].

Ally: Love that.

Tiffany: The other thing that did it for me when I was burgeoning Tiffany was the movie Casper with Christina Ricci and Devon Sawa. And yeah, it was so wholesome. I went to see that movie in the theater, like, it must have been like 12 times. I mean this is back when movies were a dollar.

Ally: Wait were you attracted to Casper?

Shohreh: I was about to ask! [laughter]

Tiffany: I think I was attracted to Devon Sawa in that way that he looks like that pre-teen boy, has that very like androgynous look in the same way that I'm attracted to Haruka Tenou from Sailor Moon, aka, Sailor Uranus, which is a very, like, androgynous, kind of butch look to it. If you look at Devon Sawa's hair, and then you look at that very in-style masculine look for butch lesbians, I think you would see a lot of similarity. There's a lot of crossover.

Ally: He's got the like, the flippy-outy—

Tiffany: Yes, the flippy hair.

Ally: Yeah, I like that hairstyle too. Shohreh, please tell us what made you tingly in your lady parts?

Shohreh: So, I kicked off a text message conversation with y'all earlier today, because this question stumped me, for a few reasons. One, because I tend

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to have pretty poor memory. Like, I definitely have memories that stick out from childhood and even masturbation memories, but in general, just having ADHD, my memory is not amazing. So that was part of it.

Two, my parents were super strict about what movies I was allowed to watch. So I was not allowed to watch very many movies with adult content until I was like 16 or older. So that was part of the thing too. Like, I remember more being really into romantic movies, like I was super into *The Notebook*. But I can't say that it necessarily made me tingly in my lady parts per se. It was more like tingly in the heteronormative fantasy.

Ally: In your heart.

Shohreh: In my heart, that is bullshit. But [laughter] what I did end up realizing, and so this is kind of a cop-out, but not a movie, but music videos often were like a go-to thing for me that made me feel a twinge down below. And specifically, I can remember the *Baby Boy* music video. And this is also a great queer tie-in, because at the time I knew I wasn't attracted to Sean Paul, and also, I just like chalked up this video to being a really sexy video that got me going.

And of course it did. Freakin' Beyoncé is dancing all over the place in, like, a glittery top and a bikini. And it's like, now I can watch this video and I'm like, Jesus Shohreh—how did you not make that connection? [laughs] But at the time I didn't have the words to describe what I was feeling, and so I think I probably just thought I wanted to be sexy like Beyoncé and that was what was making me feel sexy. No, I wanted to bang Beyoncé, so I'm glad that I figured that out now as a 30 year old.

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Tiffany: I think that both of those things are valid. Because I think later on in a text message y'all were talking about Shakira, and I was thinking back, like, to that same era, the video to She Wolf was one of my favorites.

Shohreh: Oh yes!

Tiffany: And that's definitely one of those do I want to be her or do I want to bang her [laughs] videos.

Shohreh: But like someone also posted the other day, do you remember the promo photos that Beyoncé did when she did the Super Bowl Halftime Show?

Ally: No.

Shohreh: If you don't, I will post the one that is in my mind. She's wearing this crop top cut-off where the underside of her boobs are showing and her abs look incredible, and I remember being obsessed with this photo. And again, at the time, I really thought it was just like, oh, I just wanna look like that, which I did, and also I was just really attracted to her. So, you know, it's good to figure these things out.

Ally: And on the topic of songs that made us horny, I just want everyone to know that the song that made me horniest as a child was What's Your Fantasy by Ludacris.

Shohreh: Which makes sense.

Tiffany: I was gonna say this earlier, but I had a friend who, literally, her boyfriend would put that on whenever they would bang [laughter].

Shohreh: Awesome.

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- Ally:** It made me so, I couldn't even like explain what was happening to me. Like, I don't know, something about Ludacris being like, "I wanna lick, lick" [Laughter]
- Tiffany:** Yeah, "I wanna, li-li-li-lick you from yo' head to yo' toes."
- Shohreh:** Okay, that era had the sexiest songs. Like the early 2000s, late 90s, like nothing that is on the radio right now can compare to the sexiness of hip-hop and stuff that was coming out at that time.
- Ally:** Yeah, I stand by that as well. Those songs made me horny as fuck.
- Tiffany:** They were, man. Like, that was when Rihanna's S&M came out too.
- Shohreh:** Yep.
- Ally:** That song is fantastic, as we all know, yeah.
- Tiffany:** That's a good song.
- Shohreh:** Awesome. Well, this has been a lovely ending to this podcast episode, which is true to form for the Girl Gang to end this way. So, thank you Top Gun Made Me Frisky for submitting this question. If y'all enjoyed this episode, let us know. Perhaps if you did, we will consider doing a round two at some point in the future, because we love to hear ourselves talk and give questionable advice [laughter].
- Tiffany:** Is it so much that we gave advice as it is that we just shared our knowledge?
- Ally:** I gave advice about—
- Shohreh:** Things?
- Ally:** Stuff!

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- Shohreh:** A combination of us just talking out our asses and giving advice.
- Tiffany:** I love y'all!
- Ally:** My advice is watch Avatar: The Last Airbender, that's it. If you take nothing else away from this.
- Shohreh:** Yes, okay, if you take nothing else away from this, it's that Shohreh wants you to not worry about Avatar, nor Ally's Avatar statements [laughter].
- Ally:** But seriously, watch it, it's very good.
- Shohreh:** And with that [laughter], we will end this delightful episode. We hope that y'all enjoyed it, and I'm sure that you'll be hearing from the Girl Gang sometime soon. And for reals, if you have topics that you want us to cover, DM 'em to me, because we're always thinking of new things to chat about.
- And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast. If you enjoyed this episode, it would mean so much to me if you would subscribe and leave a review with your podcast provider of choice. It will really help other people who might benefit from the podcast to find it more easily.
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