

Redefining Health & Wellness

#81

Featured this episode: Shohreh Davoodi

Shohreh Davoodi: Hey y'all, you are listening to episode #81 of the Redefining Health & Wellness podcast. In this solo episode, I want to help you avoid some of the mistakes I've made in my own activism journey, so I'm sharing some of my best tips for fostering resilience in social justice work. Armed with these tools, I hope committing to the pursuit of justice for the long term will feel more attainable. To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/81. That's shohrehdavoodi.com/81. In the show notes, I'm also offering a free, downloadable guide for apologizing like you give a damn.

Before we get into this episode, I want to share some of the changes that will be coming to the podcast in early 2021. This year, the podcast will be getting a brand new name, and the scope of the show will be expanding to include more than just health and wellness content. I'm so excited about this next evolution of the show, and I can't wait to reveal all the details soon. If you're already subscribed to the podcast, then there's nothing you need to do. When the changes go live, everything will roll over automatically. And if you're not subscribed to the show yet, consider this your reminder to go ahead and do so. That way, you'll never miss an episode.

[Music plays]

Welcome to the Redefining Health & Wellness podcast. I'm your host and resident rainbow glitter bomb, Shohreh Davoodi. I started this project because I saw how black-and-white messaging about health harms everyone, and I wanted to paint a more honest and vibrant picture. This podcast is a space where we can reimagine health together by confronting limiting misconceptions, delving into aspects of well-being that are often ignored, and prioritizing conversations with marginalized individuals. I

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encourage you to take what you need and leave behind what you don't.

Are you ready for this? Let's fucking go!

I think many of us are feeling like the world has been an even greater shitshow than usual over this past year, especially in terms of injustice, and harm that we're seeing, and pain out in the world. The most recent example of this being, of course, the attempted coup by white supremacists at the U.S. Capitol. And I've noticed that as a result of all of this suffering, that many people have been taking their first baby steps into social justice. And from experience I can tell you that that can be an awkward process.

People tend to assume that I've always been as outspoken and social justice-oriented as I am now, and that is definitely not the case. I do think I've always had a heart for justice, even from a young age. For whatever reason, I've always had a pretty accurate bullshit meter about what was fucked up in the world around me, but that had its limits.

As a mixed-race person, I have experienced discrimination throughout my life for the ways I don't fit into white standards, whether that was my name, the food I was eating at lunch, or growing up during the time of 9/11 and its aftermath and having people literally call me "towelhead" and "terrorist" as a "joke."

But because I'm mixed, I have also benefitted from proximity to whiteness, and I grew up in a mostly white, very conservative suburb of north Texas. My parents were also apolitical for religious reasons, so I really didn't understand much about politics or government and how all of that fit in with equality. Though I did grow up hearing from my parents the message that all people are equal and should be treated that way.

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Getting out of north Texas and away from my parents for college definitely helped me start to expand my horizons. In college, I made some friends who knew far more than me, I found myself very interested in women's rights and LGBT rights specifically, and I took a wide variety of courses that helped me flesh out some of my social-justice understanding.

I remember in one of my classes we did that very classic privilege walk exercise where everyone stands in a line with their eyes closed, and then the teacher reads out a list of statements and you take a step forward or backward depending on what the statement is. So, for example, a statement might be, if your family had health insurance, take one step forward, or, if you were ever stopped and questioned by the police because they felt you were suspicious, take one step backward. At the end everyone opens their eyes, and as you see that people are in very different places, it's supposed to help you understand power and privilege better.

I'll look for a link to the exercise and put it in the show notes in case you're curious about it. Though, I will say there are a lot of critiques of this exercise now and many teachers don't use it anymore, specifically because it forces more marginalized students to essentially be an example and part of the learning process for more privileged students.

While college definitely started the process of opening my eyes to injustice, for the record, I went to school at UW-Madison, which had a very white undergraduate student population, so I really didn't do much development in anti-racism or in other areas such as disability justice, until after undergrad.

Law school was especially important for me because it's pretty difficult to learn about the law, the criminal justice system, and all of the landmark

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Supreme Court cases from our nation's history without being confronted with a whole lot of injustice and the realities of systemic oppression. I also had some wonderful professors who were dedicated to making the world a better place, and I got to learn from their example.

So, law school was instrumental for me in terms of developing my critical-thinking skills and starting to speak out against injustice, and then the most recent stage for me was four years ago after the election of Trump because his election just absolutely lit a fire under me. Trump got elected right before I left my legal career to start my own business. So I've spent the last four years figuring out not only how to successfully run a business in general, but also how to run a social justice-oriented business that aligns with my values where I speak out for what I believe in and I help teach others to do the same.

The reason I've taken time to walk through the various legs of my social justice and activism journey is because I wanna make clear, we are not born into a culture of justice. None of us come out of the womb with a critical awareness of systemic oppression and the harm caused by it. And the environment you were raised in and your experiences growing up, a lot of which was out of your control, determines what information you have and when you might take a seat at the table to start fixing the wrongs of this world that we live in.

So if you're just getting here now, if you're only just starting to make social justice a priority in your life, rather than wasting time beating yourself up over the fact that it took you so long, the best thing you can do is just get to work. Because you have a lot to learn and a long—and by long I mean lifelong—journey ahead of you.

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And as you're figuring it all out, you will experience a whole lot of floundering around, a lot of putting your foot in your mouth, both because you're new to this—and why would you expect to be successful at something you're learning for the first time—and because even if you have the best of intentions, your privilege will totally betray you and cause you to get defensive, judgmental, and just want to give up at times.

So, as someone who's been at this for a while now and who has been learning, and growing, and yes, fucking up in the public eye for the past four years, I thought I would give you the opportunity to learn from the trial and error I've already gone through. That's why in today's episode I'm sharing four of my best lessons in resilience to help you stay committed to the fight for social justice.

Lesson one is examine your motivations. Any time you commit to something, it's important to understand the “why” behind that commitment. When you know what's motivating you, it will be far easier to return to that motivation when you're experiencing self-doubt, frustration, fatigue, etc. Now, that's assuming that the motivation is actually something that's sustainable. So let's talk about some common motivations for social justice work that aren't particularly sustainable.

First up are guilt and shame. When people start to truly understand the unearned privileges that they've been awarded, the actions of their ancestors or even living family members, and all the things they're just starting to wake up to, it can feel incredibly overwhelming. Some of the first feelings that tend to come up are massive amounts of guilt and shame.

And look, I think guilt has its place. When your eyes are opened up to injustice, you will likely be affronted with all the different ways that you

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have caused harm and helped to uphold these oppressive systems. Guilt is a natural feeling to have when you're going through that realization. I think shame is natural too because of the culture that we live in.

But again, you have to remember that you are not born with a critical awareness of the injustices of this world. You were not yet equipped with the information and tools that you needed to live your life differently. So if you allow yourself to stay in that place of deep guilt and shame instead of facing those feelings head on and processing them, those will become your motivators, and they are not sustainable ones.

Doing social justice work out of obligation to address the guilt and shame you're feeling only centers yourself and is far more likely to breed resistance and defensiveness because you're unable to separate yourself from the actions that you've taken. Which leads me to our next not-so-great motivator which is the desire to both be and be seen as good and a good person.

So many people spend their lives trying to hold themselves up to a mythical standard of "goodness." But y'all, in the immortal worlds of Megan Thee Stallion, "Fuck bein' good, I'm a bad bitch." I don't know about you, but I would much rather be a bad bitch than waste my time trying to achieve goodness. Because who is it that defines what's good anyway? Traditionally it has been people with the most privilege who have gotten to decide what it means to be a good person.

Similar to being motivated by guilt and shame, being motivated by trying to be good centers yourself and increases the likelihood of defensiveness and resistance. Because when you get corrected or get pushback on something, you're more likely to take it personally. Instead of thinking, oh, this thing I did or said was bad, you're more likely to go to the darker place

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of, I am bad because of this thing I said or did. And that will create cognitive dissonance because of course; no one wants to believe that they're a bad person. That doesn't square with who you know yourself to be. So you'll reach for all the ways that you're in fact good to deflect from the corrections since it feels like an attack on your character.

The other issue with committing to social justice as a way of trying to be good is it can activate the savior complex that is especially common among white folx. This is the infantilized idea that marginalized folx need saving and that you're gonna be the one to come in and rescue them. And that's just white supremacy by another name. Marginalized folx don't need saviors; they don't need to be rescued—they need accomplices.

The final unsustainable motivator that I'll mention is being fueled by shock over what's in the news. Now, you may actually feel shock, especially if you're just starting to get plugged into social justice and learning about systems of oppression for the first time. However, every time you declare your shock, it's actually really aggravating for marginalized folx because it's anything but shocking for them. They've been speaking out about these problems for as long as they've been happening. People with privilege just rarely believe them, or care. So when shock is the only thing that motivates you into action, that's a slap in the face to marginalized folx that it took such an overt, publicized example of what they face every day for you to give a shit.

That being said, I don't want to discount that initial shock over something extreme that happened may be the thing that wakes you up to injustice. And yes, when big things happen that are in the news, they can and often do lead to a ramp up in activism. That's only natural. The protests for George Floyd over the summer are a perfect example of this. Clearly

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there's not always a reason to go out and protest in the streets. I mean, there *are* reasons, but coordinated protests typically have a specific purpose and demands attached to them.

The problem occurs if you're using shock as your main motivator to do something about injustice because that will only carry you until the news cycle moves onto something else. Then you'll fade into the background until a new shocking story comes along and the whole process starts over again. The constant starting and stopping doesn't lead to any actual progress or sustained growth.

So, if it's the case that you've been using guilt and shame, wanting to be a good person, or shock over the news as motivation for committing to social justice work, you need to sit down and really think about a more sustainable why for prioritizing this in your life.

For me, a few reasons come to mind about why the pursuit of justice is important to me. First, I feel a sense of responsibility as a human who holds a lot of privilege. It's not the job of marginalized folx to fix the oppression that's perpetuated against them. It's the job of those with privilege. The privileges I have are completely unearned. I did absolutely nothing to deserve them, and most of them I was born into. So it's important that I find ways to use those privileges to lift up those who don't have them.

Second, as a self-trust coach, I help people come home to themselves and develop the courage to express who they really are. But there are major systemic barriers that keep marginalized folx from being able to do that safely in a lot of situations. I believe that everyone should get to realize the joy of expressing their full humanity and be loved and respected for it. So if

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I'm not actively working to create a world where that's possible, then that would make me a hypocrite.

Third, in this one life I've got, it's important to me to minimize harm. I hate the idea of harming anyone, intentionally or unintentionally. The reality, of course, is that I have caused harm and will cause more harm. The same is true for all of us. But the more work I put into social justice, the less harm I will cause. And if there's a clear path I can take that means I'll cause less harm, that's the path I want to be walking.

Your reasons for doing this work will be unique to you, but you have to have something to keep coming back to so you don't quit.

Lesson two is learn to embrace, or at least respect, feedback. Remember how I said that when you're first entering into the world of social justice you're probably going to do a lot of floundering around and fucking up? Feedback from others is what will provide accountability for your actions and help you learn to do better going forward.

I understand that listening to feedback can feel like opening yourself up to rejection and ridicule. I know how scary feedback can be, probably more than the average person. A common symptom of ADHD that I experience is something called "Rejection Sensitivity Dysphoria." The way RSD shows up is that I see a lot of things as rejection that the average person wouldn't, and my natural instinct is to have an outsized reaction to any perceived rejection where I want to shut down or defend myself.

When you add RSD into the mix when you're trying to figure out how to be an effective advocate for marginalized communities, you can see how quickly things might spiral. So this is something that I had to put a lot of personal work into, and I can say that I have made huge improvements on

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it. The way I did that was by learning to see feedback and critique in a more positive way through some key mindset shifts that I'm going to share with you.

One of the most important things you need to do is make an effort to see failure as an opportunity to grow instead of something shameful to fear. I've accepted that the nature of being human is that I will do things that hurt other people and hurt myself. There will be times I make poor choices that I have to live with, and that's okay. What matters most is how I respond when I do things I'm not proud of.

You will be so much better off if you go ahead and accept that you will fuck up in your social justice work. I have fucked up so many times, y'all. Some more minor, some more major, and a bunch of those fuck-ups happened in public because there's no getting around that when you have a platform. Making mistakes is inevitable. Not only because of our privilege and conditioning, but also because our collective understanding of language and liberation is changing all the time.

Every week I learn about new actions that I can take, different language that I can use that will help make the world a more inclusive and just place. And ultimately, that's positive. So I try not to get attached to any one way of doing things.

The next thing to keep in mind is that most feedback is about something you did, not about who you are. It can be challenging not to internalize feedback as a mark against your worth, especially if you lean towards perfectionism or grew up with caregivers who led you to equate your achievements with your self-worth. But learning to see feedback for what it is, a reflection on a thing you did, not a reflection on what kind of person you are, is a major key to embracing feedback.

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Step away from the black and white and practice seeing things in color. Remember that kind, compassionate people are still capable of causing harm, both unintentional and intentional, and are not complete in their knowledge of the world.

When someone offers critique, it's not unusual to have a knee-jerk negative reaction and experience major discomfort. The truth is, most of us were not taught how to deal with challenging emotions, so at the first sign of discomfort, our instinct is to deflect or bail. But discomfort is almost always a pre-requisite to getting comfortable. Who would have thought? So have courage and lean into that discomfort. Remember, scary, hard-to-swallow things can still be beautiful and helpful. I'm grateful that I know that now so I can give feedback the respect and reflection it deserves, even when my ego gets a little bruised in the process.

Remind yourself that you can handle hard feelings and that hard feelings don't last forever. It's okay to pause when you get feedback to take some breaths, get grounded. Once the discomfort is less intense, you'll be able to be more objective about what's been shared with you.

The next thing you need to do if you want to embrace feedback is let go of your need to be right. We humans put a lot of value on being right. In school we quickly figure out that getting the correct answer is more important than understanding the process that got you there. We're taught that there's always a clear divide between good and evil, and anyone who's struggled with perfectionism could tell you that an obsession with getting it right is fueled by the belief that it will protect you from the pain and shame of being wrong.

Some of the issues that I've seen come up when people are more focused on trying to define what is right in social justice than on doing the work

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itself, are things like, attempts to treat social justice work like a to-do list and feeling frustrated when they don't receive praise for checking things off the list, being ruled by the fear of looking bad or being wrong in public, which can lead to an abandonment of critical thinking skills—see: the summer of black squares—rapid changes in opinion without pausing to reflect and do research first, folx with privilege acting needlessly callous towards other folx with privilege who have made mistakes because they're just glad it's not them, and asking for free labor and guidance from marginalized folx without realizing they're constantly being inundated with similar requests.

When we're more focused on being right than we are on understanding, empathizing, and connecting, we do ourselves, and everyone around us, a disservice. We convince ourselves that we're standing firm on concrete, and it's actually quicksand that will pull us under if we don't pay attention.

The expectation that you should know everything and never cause harm is completely unrealistic. Seriously, how many things did you once believe to be true that now you don't? How many words or phrases have you said in the past that you wouldn't dream of saying now? How many things did you do before you knew better that you wouldn't dare do now? I'm guessing a lot.

So you need to get used to saying things like, "I don't know enough about that issue yet to have fully formed an opinion," "I wasn't aware of that, thank you for letting me know," "I'm not sure, let me look into that and report back.," "I used to think X, but after doing more research and deepening my understanding, I now think Y," "I actually haven't watched/read/listened to that yet, would you mind telling me more about it?"

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The bottom line is that being right is not the goal. Doing better is.

Okay, last mindset shift that will help you embrace feedback is to realize that feedback is an incredible gift. The person providing feedback is offering you free consultation and guidance. Offering someone critique takes time, energy, and emotional labor, and typically, people don't ask for payment in return. If someone is willing to put that kind of effort into giving feedback, there's a good chance that what they have to say is valuable.

Additionally, most people will not put themselves out there unless they think there's a real chance they'll be heard. An offer of feedback is often an indicator that the person believes you can and want to do better, which is empowering

I do feel like it's important to mention that not all feedback is created equal. Not every piece of feedback is valuable or honest. Sometimes people give feedback with the intent to hurt or punish. Sometimes people are overly critical because they haven't examined their own shit. You do not have to, nor would it be advisable to accept and implement all feedback that you get.

When deciding whether to take feedback seriously, consider who's offering it, what their motivations are, what kinds of expertise and lived experiences they have, and the relationship to you. But also be sure to think about how you fit into the equation too.

If you're having trouble believing the feedback, remember that it's possible your privilege and conditioning are keeping you from seeing and understanding actually valid feedback. Your brain may be trying to protect your ego by using disbelief as a shield. You can ask yourself, "If this

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feedback *were* true, what would that mean?” to help give you some perspective.

It's also okay to seek clarification. If you don't understand the feedback that you're getting, you can ask questions, but know that it's not the other person's job to give you answers as they've already done a lot of work in bringing the feedback to your attention. So make sure to do your own research too.

While you may not always agree with the feedback you receive, it's important to stay curious and open to learning anyway with the ultimate goal of minimizing harm. No matter how deep into social justice work you get, feedback will continue to be an integral part of the process. As you get more practice and become more informed on the issues, you'll get your ass handed to you less, but it will never stop being a reality. The sooner you can get comfortable with being uncomfortable, the better it will be for everyone.

Lesson three is make sure you know how to give a real apology. Now that we've talked about learning to embrace feedback, we also have to talk about developing the skill of apologizing. Because when you fuck up, a lot of the time it's going to require that you give an apology. And if there's one thing I've learned in my adult life, it's that most people give shit apologies. So let's talk about the dos and don'ts of apologizing like you give a damn.

As we've already talked about, if someone lets you know that you've caused harm, it's likely going to bring up some urgent feelings like anger, guilt and shame, discomfort, and defensiveness. So, before saying anything, I recommend taking a few moments to pause and breathe and calm your nervous system a little.

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Your gut reaction and initial feelings about the critique, in most cases, do not need to be shared. That said, your feelings are valid and it is important for you to process those feelings. But you need to do it in a way that doesn't cause further harm. So definitely do take a time-out to feel your feels and critically assess the feedback.

Sometimes all you'll need is a few minutes or maybe a few hours before you're ready to respond. If you need more time than that, let them know. You can say something like, "I've seen your feedback and I'd like to take some time to process it so that I can give an informed response. I'll get back to you with a reply in such-and-such timeframe." And then actually get back to them in that timeframe. Don't leave them hanging.

In general, I'd advise caution with feelings of urgency. Sometimes we want to rush to process with the other person because of our desire to fix the situation. If the driving force of feeling like you need to talk right this instant is wanting to fix your image in their eyes, that's not going to lead to a productive conversation. So that is all the more reason to pause long enough to be able to calm down and reflect.

As part of your reflection, you need to assess what you did and if this is something you want to apologize for. You're going to need to resist the part of you that thinks saying sorry is admitting you're a bad person or that saying sorry means you've lost in some way. This isn't a game or a battle, so there's no losing.

As I said before, not all feedback is valid or given with good intentions, so there will certainly be times where an apology isn't appropriate. Plus, as a good rule of thumb, don't apologize if you're not actually sorry about what you did. It's better to be honest and take whatever consequences come with that than offer up a fake apology.

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However, understand that just because what you did wouldn't upset you is not a real reason to not apologize. You can't actually step into another person's shoes and be able to fully understand how they experienced your action or exactly why it was so harmful, especially if the harm you caused is related to an area where you hold privilege and the person offering the feedback doesn't. So don't fall into the trap of thinking that they don't have a right to be reacting the way that they are.

Once you've had the time to pause and reflect and consider the critique, then it's time for your apology. Let's start with what you're not going to do and then we can talk about what you are going to do.

When apologizing, what you're not going to do is give a half-assed apology that puts blame on the other person by saying something like, "I'm sorry if you're offended," or, "I'm sorry you feel that way," because that's some bullshit.

You're also not going to get defensive, try to justify your actions, or try to turn this around on the other person. It doesn't matter that you didn't mean to hurt them or that you didn't do it on purpose. One of the first things I learned in social justice spaces is that intent and impact aren't the same thing. So even if you didn't intend to cause harm, the impact is that you did cause harm, which is why your response shouldn't be about proving you're a good person, it should be about righting your wrong and repairing the damage.

You're also not going to bring any buts into your apology, and this is especially not the time to bring up something that the other person did.

Lastly, you're not gonna make it about you by engaging in self-flagellation. Don't say things like, "Oh, I'm such an idiot. I always do stuff like this. Why

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do I even try?” It’s not the responsibility of the person you harmed to coddle you and make *you* feel better while you’re apologizing to them.

Now that we’ve talked about how not to apologize, let’s talk about what an actual meaningful apology looks like. When you apologize, you need to take responsibility for your actions and validate their feelings. Say that you’re sorry and be specific about why. Make it clear that you don’t take their pain lightly and that you want to learn from what they’ve shared with you. Own that you were wrong and state how you now realize why that is.

Make sure to thank them for taking the time to bring this to your attention. As I said before, putting effort into critique is a form of emotional labor, and when someone reaches out to give feedback, they’re opening themselves up to potentially experience even more harm. So let them know that you appreciate their efforts.

Next, lay out a plan for how you’re going to make it right and ensure that it doesn’t happen again. That means offering up concrete steps you’ll take to fix your mistake and explaining how you’ll prevent a similar thing from occurring in the future. If you feel like they’d be open to it, you can ask if they’d be willing to give you feedback on your plan or if there’s anything specific they would like from you, but don’t necessarily expect a response. They simply may not want to engage any further with you.

Which leads me to my last piece, which is trying to repair the relationship *if* they’ve left the door open for that, or accepting it if that’s not in the cards. If the person seems open to repairing the relationship, you can ask them what they need from you to do that. But in some cases, you will have caused irreparable harm. In those instances, remember that no one owes you forgiveness, and they’re not obligated to keep you in their life. I know that really sucks, but everyone gets to state their own boundaries.

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Learning to give better apologies is an important social-justice skill and life skill. It's not easy to do and does require practice, but it will make for stronger relationships and more growth if you can manage it. Additionally, because I'm super nice, I've put all of these tips for better apologies into a free download that's available in the show notes for this episode. So if you want a PDF guide for apologizing like you give a damn, you can access that by going to shohrehdavoodi.com/81. That's shohrehdavoodi.com/81.

We have made it to the final lesson, and that is lesson four, keep it sustainable. When it comes to social justice work, there is no arrival point. I think sometimes people have this idea that if they do enough they'll be magically elevated to ally status and then they're done. Like, now they get to rest and just bask in the glory of allyship, right? Yeah, no. This shit is lifelong. You will be unlearning your conditioning and internalized biases and learning new ways of being until you die. This is a state of being and doing, not a destination.

And because your commitment to this needs to be for the long haul, it's important to understand that just like everything else in your life, your social justice work will fluctuate. It won't always happen at the same speed or the same intensity, and your focus will shift between different issues and groups. If you wanna stay in the game, you have to protect yourself from burning out. It's better to do a little less now than overdo it and disappear for months at a time or swear off activism completely.

Keeping up with a baseline of care for yourself will give you the energy needed for consistent activism. There's a reason why the second pillar in my Pillars of Self-Trust Framework is Care Practices. If you're fatigued, stressed to the limit, undernourished, in pain, or sick, you will have less of yourself to give to this important work.

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I also think it's worth saying that activism doesn't always have to be heavy and serious. There can be plenty of opportunities for joy, innovation, creativity, laughter, and pleasure as part of your social justice work. The pain of marginalized groups doesn't always have to be at the center. It's also important to uplift the positive aspects of marginalized communities. Again, allowing for their full humanity.

To keep things sustainable, you're going to need a plan. How can you expect social justice work to become a habit if you haven't actually developed a plan to make that happen? You need to come at this work with a strategy and make adjustments as you test things out and gain new information. What's actually realistic for you? Is it one small action a day or a few times per week? One big project per month? Whatever you decide, take the next step and actually schedule that shit. Like literally put it into your calendar or whatever you use to remind yourself to do things. Choose when you're going to prioritize this kind of learning and growing and find ways to hold yourself accountable.

As my friend Sarah likes to say, it has literally never been easier to learn about social justice and get connected with the needs of marginalized communities. The internet is full of free resources and entire curriculums that have already been put together. And if you get stuck, you can hire an expert to help you. There are tons of awesome folx who have courses, group coaching programs, consulting around these issues to help you along in your activism. Whatever you do, do not place the burden of your learning on people who are oppressed unless you're paying them for it or they have willingly stepped into that role and want to educate you.

The last thing I'll say is that there isn't one right way or path when it comes to social justice. You can't expect that you'll be able to respond to every

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single call to action or devote yourself fully to every issue. Instead, play to your strengths. You're not going to be good at everything and you don't need to be. Take the talents and skills you already have and figure out how to apply them to your social justice work. You can absolutely tailor the bulk of your work to the causes you're most passionate about as long as it's not to the complete exclusion of other important issues.

I hope these four lessons will help you avoid some of the mistakes that I've made and allow you to increase your resilience in the social-justice arena. I'm on this journey with you, and I'm holding so much compassion for you as you're trying to find your footing. Don't give up on yourself, and don't ever forget that you absolutely can make a difference and change the world for the better. Keep showing up and putting one foot in front of the other. When you stumble, get back up, brush yourself off, and try again. And always remember how important this work is.

I'm here with you in solidarity, and I'll see you next time.

And that's our show for today! If this podcast has taught you anything or helped you in any way, I hope you'll consider supporting me in my effort to keep it going. You can join my Patreon community and receive members-only perks by going to shohrehdavoodi.com/Patreon, or you can tip me for my work through the payment links located at the bottom of the show notes for each episode. I would also encourage you to subscribe and submit a rating and review through your podcast provider of choice. I love hearing from listeners, so feel free to screenshot from your podcast player, post on social media, and tag me. Finally, if you're looking for more information on what I'm all about and how to work with me directly, head over to shohrehdavoodi.com. Hope to see you for the next episode.