





# Cassandra Boduch, MD of PsychPlus on Gracefully Navigating Social Non Exclusion

## Navigating Social Exclusion: Viral TikTok Video Sparks Conversation on Dignity in Non-Inclusion

Discover the viral TikTok video that has ignited discussions on social exclusion, showcasing the importance of self-respect and grace in navigating feelings of non-inclusion.

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Amid the widespread discussion, Cassandra Boduch, MD, a psychiatrist, offered professional insights into how individuals can gracefully navigate situations of non-inclusion. Boduch recommends expressing interest in future events without showing confrontation and emphasizes the significance of maintaining a positive outlook. Her advice, alongside the video, serves as a guide for many grappling with these situations, providing strategies for assessing the nature of an event and responding in a way that preserves one's dignity and fosters self-respect.