Rachel Buurma: Were there ways in college that you came to start to understand or think about who you are? Were there people or practices, or situations that helped you begin that thinking, or was that something that happened after college?

Marissa Davis: Yeah, so I would say definitely college, and it actually wasn't nice and producetory necessarily for how I learned more about myself. Really, my senior year, I was in the honors program. I was a history major. I was an RA, a resident assistant. I was also still leading this organization that, by my senior year, had become an organization that was still doing work in New Orleans and had taken on a bunch of other responsibilities that I probably shouldn't have in hindsight, and I'd just piled up so much on my plate.

Eventually, I got a lot of things done, but it was a consequence of my wellbeing, my emotional, my physical wellbeing. There was definitely a point within that year where, honestly, I had become clinically depressed and just felt like there was just ... that the idea of not being able to do any of those things well was terrifying that I thought that not being able to do any of those things well or putting some of those things to the side was compromising who I was as an individual, and so that was when it was kind of an aha moment for me.

I realized that so much of the things that I did was very much intertwined with who I thought I was, and that in many ways, the things that I did defined me or defined who I thought I was, and at least in that moment, as I was really struggling with things, I think I realized one, that wasn't healthy for me and that wasn't what I wanted. I actually wanted to feel and be okay with myself independent of all the things that I was doing, and so that really started this journey that I continued to be on to this day, and really trying to understand who I am, the things that make me happy, and then do things that make me happy.