

TRANSCRIPT FOR PODCAST EPISODE 198- BEAT “THE BLAHS”

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 198.

If you're in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes twice a month, I'll tell you a story--one that just might inspire a way to uncover a piece of joy you might be looking for. Then, we'll consider how it might speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Finally, I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

Ever been bored? Tired? Aimless? Joyless? Unmotivated? All the above? All at once? You may be a victim of “the blahs”: that wah-wah-wah-wah feeling that makes you want to sit down and do nothing, and then feel bad because you're doing nothing, because you have so much to be thankful for, but for no particular reasons you're feeling...oh, gray. Or at least some shade of beige.

You're not fond of feeling this way, but you haven't a clue how to exit this ickiness.

Please know, my friend, that there is hope.

To be sure, there are a few things you might want to avoid doing if you're trying to get rid of the blahs. For example, writer Kathy Gottberg suggests that you shouldn't

1. Turn on the TV and watch the news
2. Hang around negative people
3. Beat yourself up for not being more motivated or getting more done
4. Try to talk yourself out of it.
7. Complain about it to anyone who will listen
8. Go binge shopping and buy things you don't need
9. Eat anything and everything you can get your hands on

Then she suggests a few things you CAN do:

1. Listen to some upbeat music you enjoy
2. Exercise

3. Get grateful. List twenty things you're thankful for.
4. Go outside. Spend time in nature.
5. Find something to laugh about. (cat videos, a movie, YouTube)
6. Read something fun with no redeeming value.
7. Reconnect with something or someone you love.
8. And I would add, listen to some past episodes of this podcast

All very nice suggestions. But today, in our time together, I'd like to share my favorite way to pull out of the dull funk of the blahs, when life seems uneventful and boring, and you think you have nothing to look forward to and you just can't seem to find motivation to haul yourself out of the mud, much less get excited about and take joy in...well...anything. If this is you try this:

Do something ridiculous. Not harmful. Not illegal. Not dangerous. Just laughable. Unexpected. Fun.

For instance one of my parents' favorite activities when we kids were kids was to gather a group of friends at 5:00 a.m. on a Saturday, call someone they all knew, and say, "Hey! Good morning! We'll all be over at your house in about five minutes for breakfast!" and then actually show up with doughnuts and coffee in hand and bang on the door until granted entrance.

I remember being hauled around as a child on these outings, fascinated at the very thought of adults doing something this perfectly ridiculous, and awed by what my parents' friends looked like fresh out of bed, before they'd repaired the sleep damage. Anyway, I thought it was terribly adventurous, not to mention fun, and legal to boot.

I actually grew up thinking this was normal adult behavior. Which explains a lot.

In a similar vein, I saw a meme the other day that said, "Make someone's day more exciting by texting "On my way," at 7:30 a.m. when you don't have plans."

Or once I read about a group of friends who were obsessed with the Miss America pageant. Every year they dressed up like contestants in fancy gowns with sashes that bore titles like Miss Behavior, Miss Understood and Miss Demeanor, went riding through their town waving at people before they went out to dinner as a big, ridiculous group. Then it was on to someone's house to watch the pageant in beauty and style.

On a less grand but still ridiculous scale, I remember deciding as a group of college friends to go get pancakes at 2:00 a.m.—on the regular. Or, as young marrieds, calling up our next door neighbors—also on the regular—to go get doughnuts at 10:00 p.m.

I saw a Viking helmet at Party City, and couldn't get it off my mind later. So I went back and bought the thing. Now I use the horns as holders for spare rolls of toilet paper in the closet.

Kids are so good at doing ridiculous things.

You may remember the story about one rainy day, when my daughter was about four years old. I had a lot to do, and was cleaning house when she approached me with this perfectly ridiculous suggestion:

“Mommy,” she said, “let’s put on our swimsuits and get umbrellas and go walking in the rain.”

Let’s be clear: my first thought was, “This is wrong on so many levels.”

For one thing, we lived in a neighborhood where the houses were close together, and very few people had garages, so we all knew everybody’s business.

Everyone would be able to see Jamie and me in our swimsuits in the rain ambling down the street like it was perfectly normal behavior. I feared turning into a side show for the neighborhood circus.

And I almost said no. But she looked at me with those big blue eyes...

So we did the ridiculous thing. We both put on our swimsuits, grabbed our umbrellas and she put on pink galoshes, and we went for a walk in the rain. And for the record, 36 years later, she remembers that 20 minutes in the rain...And so do I.

So, what the heck? Go walk in the rain, or jump in a puddle or a ball pit or on a trampoline.

Dance in the grocery store. Or put a cheap plug-in disco ball in your kitchen. Buy a Viking helmet at Party City and use the horns as a toilet paper holder. I did.

Or maybe you’d rather do something ridiculously good, like cheering up someone who needs it. Author Bob Goff is, in my opinion, the King of Doing Ridiculous Things. He puts his phone number at the back of his books, and actually answers it when people call. Curious fans are shocked when he picks up, but he says he wants to be available to the world. Yes, the world. Many people have tried this, and written about their experiences in articles like, “I called Bob Goff. This is what we talked about.”

Or how about the day years ago when his son was home from school sick? Bob wanted to cheer him up, so he said, “Hey let’s call the President.” Which they did. And although they didn’t actually get to speak to THE President, his son had the well wishes of some White House assistant, and never forgot his dad’s outrageous gesture.

Or maybe your style of ridiculousness is more like one lady by the Instagram handle PeachesandDiesel, who did this: *Seven years ago, she says, I attended a “Tip 100 breakfast, and I’ve been hosting them ever since. Anyone can do this anywhere, with any tip amount. Here’s how it goes: I send an email out to a bunch of people. And I say, “Hey, we’re going to*

breakfast. We've got a 7:30 slot, we've got a 10:00 a.m. slot. Bring \$100 for the tip. And what ends up happening is we pool our money, and our main server gets an "impact tip," something that can pay rent, a car payment or something that can help them with their kids around the holidays. A lot of my friends can't come, but they still give me money. The power of pooling funds is huge here. Now what's great about this is, it doesn't have to be \$100. You can do 20, you can do 40, whatever works for you. We went to two different locations: a Waffle House and another diner. And here's how it went down. (The link is in the show notes.)

(Expressive Piano eases in.)

I pick the locations randomly, and it's luck of the draw who gets our table. Thanks to pooled funds from many people, we gave out \$5200 in tips to servers, cooks, dishwashers and staff.

Yes. Totally ridiculous. And beyond wonderful.

And so, my friend, when you find yourself sitting in the middle of a funk these days,

May you refrain from attempting to eat, shop or complain your way out of it,

May you ask God for some outrageous inspiration to deal with it,

And then may you hop onto that crazy train of ridiculousness...and enjoy what could be the ride of your life.

Thanks so much for joining me.

If you know people who are feeling a little "meh" these days, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at jillbaughan.com, click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss a single one, because I so look forward to being with you again soon.

Beat those "blahs" up, my friend. And always, always remember: if you go looking for joy, you'll most likely find it.

Till next time...

NOTES:

Gottberg, Kathy. "17 Ways to Deal with the Blahs." *SmartLiving* 365.

<https://www.smartliving365.com/17-ways-to-deal-with-the-blahs/>

Peaches and Diesel

<https://www.facebook.com/reel/324546860357598>