TRANSCRIPT FOR PODCAST EPISODE 206-CHANGE THE CHANNEL

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

This is Episode 206.

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 each week, 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.

When I was a kid, nothing scared me more than watching *The Little Rascals* on TV and seeing the episode with the Wild Man from Borneo. The man is really some kid's uncle George, but he looks very scary in his costume and painted up face.

He loves candy, and any time he sees it, he yells those famous, profound, unforgettable words, "YUM YUM! EAT 'EM UP!"

So of course, when the kids have candy and he spies it, he yells, "YUM YUM! EAT 'EM UP!" The kids naturally think he wants to eat *them* up, and most of the episode is footage of him chasing them all over Spanky's house. Yes, *he got into the house, friends!*

I had nightmares about this nonsense, imagining myself running terrified away from this creepy guy.

So whenever this episode came on TV, I had to change the channel. Gimme some Popeye and Olive Oyl, for crying out loud.

My friend Sandy had the same reaction to the flying monkeys in *The Wizard of Oz*. They came on, she changed the channel, no doubt about it.

Has anything you've ever seen on TV frightened or disturbed or annoyed you enough to make you change the channel? I'm guessing it has, especially these days, and I'm also guessing that most of us take for granted our ability to switch over to some entertainment that will feed our minds and souls instead of raising our blood pressure.

It helps to know then, that in the same way, we can "change the channel" in our minds—and sometimes the opportunity to switch mindsets is dropped directly into lap.

Consider this scenario from marriage and family therapist Emma McAdam:

You're hurrying to work, running a little late, but you know that it's your coworker's birthday today, and she loves donuts. So you decide to make a quick stop to the best donut shop in town to pick up some donuts for the office. If you hurry, you'll make it in time for the first meeting with a few minutes to spare.

You go into the store and it smells delicious, and there's only one guy in front of you. You start planning out your order, but the guy in front of you is taking forever. He can't seem to make up his mind. He keeps asking dumb questions, like "What is on that donut? Which donuts have crème inside? Do you have any donuts with sprinkles?"

The donuts are right there in front of him. If he just looked at them and the signs he would know what was in them.

As your frustration mounts, you start to feel worried about the time. You're probably going to be late now. "What is taking him so long!" you think. "Why can't he just pick some donuts!?!"

Now he's asking if they have any strawberry donuts. "They are right in front of you!" you scream silently inside of your own head. Now you're angry. What's the matter with these people? At the very least he could see that I'm waiting and step aside while he tries to decide. He's such a rude guy. And stupid too.

"Aargh, this is so irritating!" You're furious! With the help of the worker, he finally fills his box and turns to pay. And that's when you see that he has a cane, and not just any cane — a long white cane with a red tip. The man in front of you is blind.

Suddenly your anger melts away. Instead of impatience, you feel compassion for him — and a little ashamed of yourself. The minute you realize that he's not being rude, dumb, or slow, but instead he's actually doing the very best he can with his abilities, you feel completely different. Your anger disappears, and you're filled with a completely different feeling.

But what has changed? You're still late. It still took the guy in front of you eight minutes to order his donuts. You're still in the donut shop. What changed?

It wasn't your circumstances that changed how you feel. It was your paradigm shift, or how you thought about the situation that changed. You went from thinking "This guy is a jerk," which made you feel angry, to thinking "This guy is impressive for being so independent with a disability," which made you feel a sense of kindness, awe, and a whole lot more patience.

Right? It certainly supports Dr. Wayne Dyer's observation, "When you change the way you look at things, the things you look at change." When you change how you think, you change how you feel.

And when we're not gifted with an automatic mindset-changer, I've found it helpful in superficial, non-life threatening annoyances, to change the channel by repeating one phrase. When tech doesn't work, when service is bad, when my husband is crunching and crunching and crunching food--I've found it really helpful to say out loud: "Come on. This is a first world problem." Nobody is threatening my life, no one is dropping bombs on my home, I have more than enough to eat, even if it's not exactly as I want it, and that crunching? Well, I can go into another room, and my husband is a good guy, even when he's making annoying noises.

Often, though, the need for a mindset change involves more serious issues that mess with our minds.

Maybe you need to change the channel from
Grief--over a loss of any kind—a death, a friendship, a job, a home
Worry--about the future, your health, people you care about
Anxiety—about the state of the world, politics
Fear—about all the what ifs
Anger—over some injustice, over some way you've been wronged
Physical pain—that dominates your whole mind, especially if it's chronic
Hopelessness—of a situation that's not going to get better or go away

What I'm about to offer you are not remedies for the grief, the worry or the fear, but they are relief for a time, a little respite for your agitated brain…a bit of light in the darkness you may be feeling. Your heart and soul need a break, my friend, a break that can offer some rest, a different perspective, maybe some inspiration, some positive action.

First, something that generally doesn't work:

Amy Morin says that *telling yourself to stop thinking about something will backfire.* Ever see that Bob Newhart sketch where he plays the therapist, seeing the client who says she has a terrible fear of being buried in a box? He says he has the solution to her problem in two words. Of course, she's excited about that, as he says, "Okay, here it is. Are you ready?" She

nods. “STOP IT!” he yells. And there it is. The answer to all her obsessions. “STOP IT! STOP IT! STOP IT!” And it’s funny because, well, it’s ridiculous. As Morin says, *The more you try to prevent a thought from entering your brain, the more likely it is to keep popping up.*

So that probably won’t help your mind to change. And there are destructive ways to change the channel, for sure. And they’re mostly escape.

Just be sure that whatever you choose to change your channel **feeds your soul.** There are a number of ways to proactively switch from that channel that’s doing you no favors. Here are just four:

1. Change your environment.

Go to another space, especially outside, go for a drive, get some exercise, meet a friend for coffee in a place with a bit of an activity buzz—just change up the scenery.

2. Do something—anything—nice for somebody else.

I’ve talked about this before, but be reminded it doesn’t have to be big. Nothing lifts my spirits quite like the game-changing question I ask myself when my mood is in the basement: “Who needs cookies today?” The making and delivering of those little nuggets of gladness lifts me right out of my own funk, at least for a little while.

3. Keep a list of anything—anything—that brings you joy.

Having an accessible, ongoing list of people, places, and activities that bring you soul-filling delight is a powerful, positive enabler. If you are annoyed or afraid or sad, you have a resource at your fingertips that’s ready to give you a lift.

So get yourself a little notebook—or even a piece of paper you can keep handy, and think about these questions:

What makes you come alive?

What makes you smile? Laugh?

What are you doing when you lose track of time?

As you notice these things, write them down in that notebook or on that piece of paper that you can put your hand on in a hot minute--so you easily look and choose to feed your soul.

Consider that list to be the ultimate remote to change the channel when your heart goes dark. Or gray. Or sideways. When your soul buckles under the weight of life and the passage of time,

4. Read something hopeful—a channel changer for sure. I have a number of books I keep on my night stand to fill me with good thoughts before I go to bed. And it's the very reason I wrote the devotional called *No Matter What—90 Devotions for Experiencing Unexpected Joy in Tough Times.* It won't release until spring of 2025—but until then, here is my wish for you from the foreword:

What's it like to be you right now?

You might be sailing along in a cloud of bliss, but more likely you're girding up your loins to face some challenge that elicits a "No thanks, I'd rather not," from your heart.
If that's you, know this: Right alongside those tough times of yours, joy is walking, waiting to be discovered—joy defined as "deep delight that feeds your soul."

This is your invitation to journey with me, and by the end of this book I hope you'll feel as though you've had ninety days of encouragement from a good friend—with a sense of humor. Because you'll need one of those. And God has one to share.

So as we travel together, my friend, may you know that your sorrow shouldn't be denied nor should it be your address. And when the challenges of life threaten to send your spirit underground, may these pages give you hope for soul-filling delight…

First thing in the morning when your feet hit the floor,
Last thing at night, before your head hits the pillow
Or during the day when you need a splash of joy from our God who
hears your heart when it's glad, and
comes near when it's breaking.

And know that God did not design your heart to hold onto darkness, but to always be searching for Light.

Thanks so much for joining me.

If you know people who might need a change of perspective 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.

Change the channel, my friend. And always, always remember, if you go looking for joy, you'll most likely find it.

Till next time...

NOTES:

McAdam, Anna. “Change How You Think to Change How You Feel: Neuroplasticity Fundamentals.” *Therapy in a Nutshell,* July 1, 2021. https://therapyinanutshell.com/skill-16-change-how-you-think-to-change-how-you-feel-neuroplasticity-fundamentals/