



Episode 136: How to Choose Joy, Even When Life Sucks

with Angela Deutschmann

Individuals in high-stress jobs, especially healthcare providers, deal with multiple problems every day. The need to go above and beyond for our patients is almost hard-wired into our very being. Happiness can seem so far away with the mountain of responsibilities on our plate. However, we don't have to keep on searching for happiness in the things we can't control. Instead, we can choose joy.

In this episode, Rachel and Angela Deutschmann invite you to stop, breathe, and listen to your inner self, because only then can you find your path to real joy.

Real joy is internal, and can be is confrontational. There are questions that you need to ask, even if they may be difficult for you to answer. You may have to challenge ingrained beliefs and principles. But by choosing joy, even in the smallest opportunities, you gain the power to create a more positive impact on yourself and others.

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Quote to remember:

‘Take tiny little opportunities — the smaller, the better — in your everyday life to just make a little switch up in joy.’

What You Will Learn

Perhaps you had to deal with a difficult patient or work got so busy today that you missed your lunch break. Any or all these things — and possibly even more — could happen in one workday. Life can suck sometimes. In the process, we get so caught up in the challenges of daily life that joy becomes a distant, unfamiliar feeling.

No matter what negative circumstances we face every day, we do not have to put joy on the back burner. Authentically joyful people are often those who are most effective in their jobs. They are not easily fazed by their environment. They can care for others better because they know how to care for themselves.

To find this joy that seems elusive to many people, you have to look internally. You must listen to your inner self, ask uncomfortable questions, and challenge your truth. Tap into the child within you and imagine the possibilities. Create opportunities for joy in the little moments.

Simply put, you have to choose joy every day. You have to practice choosing it even in the middle of the hustle, and find rest in it. Choose it today, and then tomorrow, until you get used to it.

Activity: Choose Joy Today

What is the difference between happiness and joy? Explain your answer and share a personal experience that illustrates this difference.



What are your negative thought processes? Angela emphasised the importance of understanding your thinking. Think about some of your go-to ways of thinking that get in the way of your joy.

- _____
- _____
- _____
- _____
- _____

What is *your* attitude towards control? Taking responsibility can boost your ego, but it can also get in the way of your joy. Try to think about how your desire for control manifests in your present life. What responsibilities, if any, do you need to let go of to make more space for inner joy?

Change your internal state. Angela mentioned two steps to change your internal state to find your inner joy: (1) relaxation and (2) tapping into your unconscious. Practice it today.

Get into a relaxed state. What are some things you do to relax? Do you follow a routine? A breathing technique? A meditation pattern? Write them down and elaborate.

- 1.
- 2.
- 3.



Tap into your unconscious. Ask yourself: what would I love to experience? How do you imagine yourself responding in a particular situation in a way that would make you feel good?

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