



mhca's e-Newsletter

Published May 2025

How Are YOU Prioritizing JOY Today?

A Guest Article from Keynote Speaker Ryan Campbell

It's always a pleasure to keynote an event. Thank you for having me in San Antonio. I hope you've since found yourself on a metaphorical two-lane back road—window down, arm out, wind in your hair—lost in a joy-fueled cruise in your Pink Cadillac.

In a world that feels relentless, even the most powerful words from a speaker—or a fleeting moment of inspiration—can vanish into the chaos within seconds, taking with them the potential for lasting change. Implementing that change, and ultimately experiencing long-term benefit, can be challenging. That's where a process—some kind of structured approach—becomes invaluable.

The **JoyAudit** was born from the need to bring structure and clarity to a seemingly untraceable and frustrating journey of balancing life above the shoulders. It acts as a compass: helping you define what matters, identify how best to spend your time, and consistently reflect with the intention of maintaining long-term positive change. It's a powerful pathway to improved mental health and overall well-being.

Let this article be your nudge—a reminder to complete the **JoyAudit** process post-conference and to begin embedding these moments of joy into your now slightly altered routine. This is a long-term commitment.

Just before your **mhca** conference, I found myself back in Australia. For the first time in five years, my parents, siblings, their partners, and all the nieces and nephews were together, outside of a wedding or a funeral. We spent the week in the small coastal town where we grew up, surrounded by postcard-worthy beaches and


waterways. We cooked homemade pizzas, walked along the shore, swam, drank coffee, and held a highly competitive (and completely inconclusive) sandcastle-building contest. It was a week filled with joy and laughter.

That week of joy wasn't fueled by the coffee, the scenery, or even the people. It was fueled by one thing: the decision to take the time. It meant turning down keynote opportunities, pushing back on external expectations, and making the intentional choice to be in that small town, on the other side of the world, at the same time as my family. That decision opened the door to create unforgettable moments—ones that became lifelong memories. It allowed me to board a plane for San Antonio and show up for you, as the very best version of me.

As you move through the **JoyAudit** and ease back into post-conference life, I encourage you— no, I urge you—to consider where you can do the same. Where can you carve out a little time to create space for a moment to appear, a memory to be made, a benefit to be felt? Where can you step away—not because you're chasing an outcome, but because you trust that wonderful things will arise from your commitment to step back? It does not have to be a trip to Australia, it can be a few minutes of outside air, an hour of mindless tv, or simply taking a little longer to enjoy your coffee.

In a busy, overwhelming, and reactive world where most people are simply trying to keep their heads above water, I challenge you to push back, identify what truly matters, and become intentional in the way you spend your time tokens. That is the pathway to showing up better.

*If you missed Ryan's session at our Spring Conference in San Antonio, use your **mhca** member login to access the video recording of his Pink Cadillac presentations here: <https://www.mhca.com/conference-presentations/2025-san-antonio-tx>*



Looking for the latest on new treatment options?

Find the information in Genoa Healthcare's quick guide to recently approved behavioral health medications.

[See the Guide](#)



Unsubscribe from Monthly Minute Newsletter

P.O. Box 12037

Tallahassee, FL 32317

mhca
P.O. Box 12037
Tallahassee, FL 32317

TEL: (850) 942-4900

If you don't want to get similar messages from us in the future, you can Unsubscribe or Opt-Out by clicking the following link:

<https://mhca.com/index.php?>

[option=com_civicrm&task=civicrm/mailing/unsubscribe&Itemid=2770&reset=1&jid=&qid=&h=fakehash](https://mhca.com/index.php?option=com_civicrm&task=civicrm/mailing/unsubscribe&Itemid=2770&reset=1&jid=&qid=&h=fakehash)