



E-NEWS: JANUARY

People Incorporated Mental Health Services



New Year's Resolutions & Mental Health

Choose a Direction, Not Just a Destination

This year, try swapping out rigid resolutions for a direction—a “north star” that guides your choices without boxing you into perfection. Goals can be brittle; directions are flexible.

For instance, if your north star is connection, you can choose from a range of actions that strengthen relationships, such as texting a friend, hosting a dinner, or joining a community, without needing a perfectly tracked tally of your activities. Directions also shift the focus from outcomes to identity. When you are the change, you're not just completing tasks. You're becoming the kind of person who shows up, learns, and tries new things. That growth mindset makes persistence easier when the going gets tough.

Plan for when your new behaviors wobble (yes, they will). Use emotionally intelligent self-talk to stay constructive: What advice would you give someone else? Adopt a coach's voice. If a friend stumbled, you'd offer practical next steps, not criticism. Mistakes are part of the process. Treat slip-ups like data, adjust the routine a little, and try a smaller experiment. Go hard on the problem and easy on the person.

How to Begin:

1. Pick a word for your direction (e.g., Focus, Build, Care).
2. Design small rituals or tiny, repeatable actions that express that word.
3. Schedule experiences that reinforce it.
4. Review weekly: what helped, what hindered, what's your next small step?
5. Recruit a buddy to go on the journey with you.

Happy
New Year!

Resolutions don't have to be perfect to be powerful. Aim your compass, take the next right step, and let consistent, identity-based actions transform your year.

“Affordable housing is like musical chairs.”

People Incorporated & Racket Interview with Caroline Jackson

In the second half of 2025, an article on housing instability was written with People Incorporated in mind, titled: *For the Homeless, Finding a Place to Live Is Only Part of the Problem*.

Featuring quotes from artist David Fallon and People Incorporated CEO Jill Wiedemann-West, the Racket MN piece explores the challenges individuals face beyond simply finding housing. It emphasizes that securing a physical place to live is only one part of the sliding scale.

Other systemic barriers when finding housing can be:

- Mental health and addiction support: Housing alone doesn't address underlying issues that often contribute to homelessness.
- Access to services: Navigating complex systems for healthcare, employment, and social services can be overwhelming.
- Community integration: Isolation and lack of social networks make sustaining housing difficult.
- Economic instability: Even after finding housing, low wages and high living costs can push people back.

[Click here to read the full story!](#)



“People Incorporated has helped increase my habitability and peace of mind.”

-Rose, People Incorporated Client

Scan to donate and help make mental health care accessible for everyone.



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Holiday Drive & People Incorporated

The holiday season is a time for connection, generosity, and community. At People Incorporated, that spirit shines through our annual Holiday Donation Drive. This effort helps ensure that families and individuals in our programs experience the joy of the season through meaningful gifts and support.

This year, families were nominated by staff, and participants could choose to either shop for a family or donate gift cards. Our team delivered the gifts and donations directly to families before the holidays.

Thanks to the generosity of 28 donors, we were able to:

- **Provide gifts to 28 families**
- **Distribute \$2,925.00 in gift cards**
- **Provide unwrapped gifts along with wrapping paper & tape for families to wrap items themselves**



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