



# E-NEWS: FEBRUARY

People Incorporated Mental Health Services

## Mental Health Tips for the Winter

Winter can be a tough time for mental health, with less daylight and colder temperatures sometimes leading to personal challenges. This month, our Training Institute mental health experts are sharing some tips to help you stay on top of your wellbeing during the winter.

### Cognitive Technique: *Cognitive Reframing*

Notice It: "Winter makes me so unproductive. I'm barely getting anything done."

Evaluate It: What facts support or refute this?

Reframe It! "I'm dealing with less sunlight and more fatigue than usual. It makes sense that my pace is different, and I can still take small steps that matter."

### Emotional Technique: *Name It to Tame It*

Notice It: "I'm feeling this heavy, vague, blah feeling."

Name It! "I'm feeling low and sluggish because the long stretch of gray days is wearing on me."

### Behavioral Technique: *Micro-actions*

Break tasks into the smallest possible actions to spark momentum.

Notice It: "I need to get outside more."

Micro It! "I'll stand on the porch for one minute."



## Self Love and Self Care

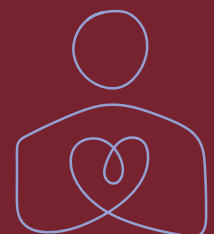
February is the perfect time to spread love and happiness, starting with yourself. Below are some simple ways to practice self-care throughout the month of February and beyond.

Nourish Your Body. Fuel yourself with nutrient-dense foods and stay hydrated. Prioritize seasonal items by focusing on winter foods like citrus, root vegetables, soups, and more.

Prioritize Quality of Sleep. Create a relaxing wind-down routine that limits screentime and aim for 7-9 hours of sleep per night.

Move Your Body! Find activities you enjoy and look forward to doing.

Engage in Self-Care Activities. Spend a day caring for yourself, such as doing your nails or a face mask. Perform acts of kindness, volunteer in your community, or help a neighbor.



## Upcoming MSSA Conference

This year's theme, Unleash the Storm, focuses on the power we hold together to advance justice and strengthen human services in Minnesota.

March 11–13, 2026  
at the Minneapolis Convention Center

Over these three days, attendees can participate in sessions aimed at providing insights, perspectives, and information alongside thousands of social services professionals.

## Arts Advocacy Day

Tuesday, March 3, 2026

This event is vital for shaping the future of arts funding in Minnesota. It will showcase to lawmakers the full scale, strength, and diversity of the state's art community.

## Mental Health Day on the Hill

We are excited to advocate for mental health with our community on March 26, 2026, in Saint Paul.

This day is a significant event aimed at raising awareness and advocating for mental health policies.

Those taking part will have the chance to meet legislators and share their views on mental health challenges.

## 2026 Artability & Workshops

In 2026, Artability invites the community to explore creativity through our new theme, This Is Me, centered on visibility, empowerment, and bold self-expression.

The theme celebrates the voices and talents of Artability participants and highlights their artwork as something to be seen, valued, and honored.

Our 2026 ambassador artwork, Coming into the Light by Saber DeMare, was awarded Best in Show at the 2025 Artability Art Show & Sale.



Artability will host 6–10 free community workshops each month across a variety of creative mediums, open to artists of all experience levels. Register through our website or by searching Artability on Eventbrite. To learn more about the Artability Art Show & Sale in October 2026, including how to submit artwork, visit [peopleincorporated.org](http://peopleincorporated.org).

Artability is also seeking partners, sponsors, and donors to help sustain and grow this programming. For questions or to get involved, please contact [artability@peopleincorporated.org](mailto:artability@peopleincorporated.org).



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## Impact Story — Client Needs Fund

We want to reflect on the meaningful impact the Client Needs Fund has made in the last part of 2025. This impact comes to life through the stories shared by our dedicated staff and are stories that show real differences we are making together. With permission, we are grateful to share one of those moments this month.

[Client] is a devoted mother to a bright and energetic preteen, currently residing in a family shelter. Since joining our program, [client] has demonstrated extraordinary perseverance and a deep commitment to personal growth. She has embraced every goal, whether set by our team or by herself, with determination and grace. In addition to her progress within our program, [client] is currently enrolled in school, further investing in her future and setting a powerful example for her child. Her dedication to education and self-improvement reflects a spirit of resilience that inspires everyone around her. Recently, [client] applied and was approved to receive a laptop through our Client Needs Fund, and she shared how impactful this gift will be: "By me receiving this laptop, it will help me continue my education. Due to night classes and the library being closed, I'll be able to do homework, complete assignments, and study at night."

We are proud to walk alongside [client] on her journey of transformation, and we look forward to celebrating each milestone she achieves.

### CHECK OUT AND FOLLOW US ON SOCIAL MEDIA!

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