


# Holiday Check In Project



Allegheny  
County  
Coalition  
for Recovery

# How to Start the Conversation

adapted from [thecheckinproject.org](http://thecheckinproject.org)

Ask open-ended questions like:

- What did you like about today?
- What could have gone better?
- What are you excited about?
- How can I help you make tomorrow a great day?

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Set aside time just for checking in.

Listen.

Turn off devices to avoid distractions.

Work together to find solutions.

Remember to schedule time for your next check-in!



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# Holidays in the Age of COVID



With the holiday season rapidly approaching, you might be experiencing more difficulties than usual. For one, you might feel lonelier this holiday season. With the pandemic getting worse all across the US, some people may not feel comfortable traveling, while others might not feel comfortable having their loved ones visit from other places. In addition, all your favorite holiday events, like night markets, parades, and Light Up Night, may be canceled. However, just because you can't see your friends and family in person, doesn't mean you have to spend the holiday season alone. You can still connect with your loved ones virtually--for example, eat holiday dinner together or watch the ball drop together while video calling. You can create new traditions. Though virtual celebrations may not feel the same as in-person ones, you can still celebrate together and feel connected with one another.

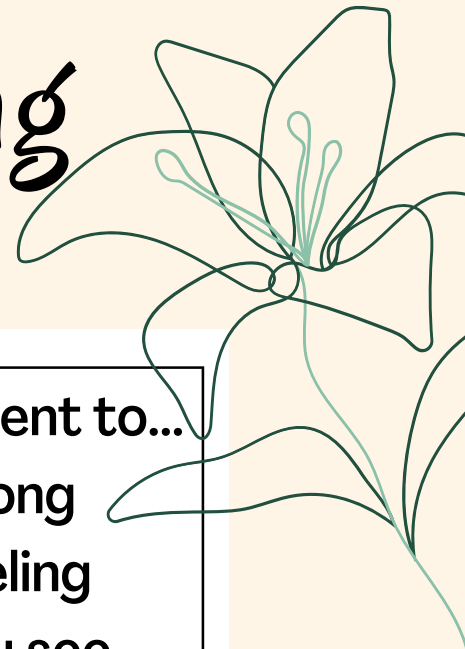
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For others, regardless of COVID, the holidays just may not be a good time. The progressively colder, gloomier, and darker days may make you tired and depressed. You may not have loved ones to celebrate with or may have had bad experiences with the holidays. You also may be stuck with family you don't have the best relationship with or just not like the holidays for whatever reason. Even in that case, you can still find something of your own to celebrate. You can make fancy hot chocolate, binge watch bad Christmas movies or stay completely away from them, or do whatever else lifts your mood up. Practicing gratitude can also be helpful in giving you a moment each day to take a pause and reflect on what keeps you going. For example, you could think about one thing that you're looking forward to for the day even if it's a small thing. In stressful situations, it's really important to take some time for yourself and not pressure yourself to do anything you don't want to do. The holidays are a time full of a lot of strong emotions: it's okay to take some time and decompress or distract yourself.



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# Isolation Well-Being



Reach out to a human outside  
your home

Do one thing to get your heart  
rate up

Do one thing you'll be glad you did  
later

Do one thing just because you  
want to

Get in at least one good laugh

Be mindfully present to...

A sound or song

A sensory feeling

Something you see

A spiritual practice

Shower

Meditation

Drink water

Clean one thing/space

Tend to something growing/living



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