THE 2022 GUIDE TO GETTING OUT OF THE HOUSE

THE TEMPLE UNIVERSITY COLLABORATIVE ON COMMUNITY INCLUSION 2022 CALENDAR
This document was developed by the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities, which is supported by a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RT5021). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this document do not necessarily represent the policy of NIDILRR and you should not assume endorsement by the Federal Government.

Acknowledgements

We wish to thank the following individuals for their enthusiastic and meaningful contributions in developing this calendar: Kathy Arazawa, Stephany Wilson, Nylani Powell, Kyra H. Baker, and Dr. Gretchen Snethen. Our staff worked together to test the monthly strategies and activities, and we had a great time doing it! Creating this calendar has motivated us to reach our individual community participation goals, and we hope that you reap these benefits, as well!


January 2022
Introduction

The Temple University Collaborative on Community Inclusion welcomes you into the new year with our 2022 Getting Out Of The House Calendar! While the past two years of the COVID-19 pandemic have impacted the way we spend time with one another, this 2022 calendar is focused on getting out of our homes and connecting with the people and places in our communities. Research shows that being in the community and being with others leads to greater cognitive functioning,¹ positive emotional states,² and increases in physical activity³. Think about it! When we have places to go in the community, getting up and moving is typically required to get there! Even running errands or going to appointments can require walking, which can increase a person’s daily steps and physical activity.⁴ Interacting socially with others—even with neighbors and community members we don’t know well—can have positive impacts on mood, cognitive functioning, and can even decrease loneliness.

We hope that our 2022 Getting Out of The House Calendar will help you connect with others and participate in your communities this year. Each month focuses on a different community participation goal related to getting out of the house, and offers three specific strategies that can support you to maintain your community connections: one focusing on cognitive-related tasks, one focused on physical activity, and one strategy focusing on social connections. The suggestions and prompts found in our 2022 Getting Out Of The House Calendar focus on a traditional view of community participation in that being with others and being in the community can help support us with our goals in various life areas such as with family and relationships, education, work, and leisure and recreation. In addition, each month features a week-long Community Participation Habit Tracker; take advantage of this and check off the days that you have reached your community participation goals. At the end of the year, use the Habit Tracker to reflect on your 2022 community participation accomplishments. As we head into 2022, we hope that this calendar can help you to maintain meaningful community connections and participation!

3 strategies to meet your monthly goal!

- Go for a walk and write a list of things you’d like to do this year!
- Make a vision board representing your top three goals for the coming year!
- Chat with a friend about how you can support each other to reach your goals!

Community participation habit tracker

Daily goals:

- Got out of the house
- Did an activity I enjoy
- Connected with someone
- Went someplace new

Other: ____________

Did you know?! Visiting new places in the community and interacting in social situations is good for cognition!^1

Getting out of the house in January 2022

Monthly focus: envisioning and planning
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Sit down with a friend or loved one and write a list of your top three favorite date or leisure activities that take place outside of your home!
- Try something new that gets your body moving with a loved one! Practice yoga outside, or go for a leisurely bike ride!
- Do you have a favorite place to visit? Maybe a park, cafe, or art gallery? Share this special place with someone you care about!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new

OTHER: ______________

Did you know? Being in the community can improve happiness and mood, including decreasing feelings of loneliness.²

GETTING OUT OF THE HOUSE IN FEBRUARY 2022

MONTHLY FOCUS:
DATING & RELATIONSHIPS
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Find a family-friendly workshop or event to attend to learn something new together!
- Do something fun after running errands, like stop for a treat or go to the park!
- Take quality time to share a story about something exciting that happened when you were out and about during your day!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new

OTHER: ________________

Did you know?! Community participation, including running errands, can increase physical activity! ^3
3 Strategies to Meet Your Monthly Goal!

- Go on a nature scavenger hunt in a park that’s new to you!
- Make a connection! Say hello to someone you see at the park!
- Do something in the park that you normally do at home! Read a book, study for a test, or just sit and enjoy the breeze!

Community Participation Habit Tracker

Daily Goals:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: ____________

Did you know?! Places in the community that are accessible by walking can increase physical activity and decrease sedentary activity!³

Getting Out of the House in April 2022

Monthly Focus: Parks
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Look for a virtual or in-person StorySlam to attend with a friend!
- Writer’s block got you down? Go for a walk or a jog to get the creative juices flowing!
- Write a list of stories you can tell about your favorite places in your community!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
Other: ____________

Did you know?! The brain’s ability to change -- known as neuroplasticity -- continues throughout the lifespan!

GETTING OUT OF THE HOUSE IN MAY 2022

MONTHLY FOCUS: STORYTELLING
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Use the internet to research local events or a new place to visit!
- Use a step tracker app to monitor your physical activity and the places you visit in your community!
- Share your experience with your friends through social media or messaging!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected with someone
- Went somewhere new
- Other: ____________

Did you know?! Getting out of the house, even for appointments or errands, can provide opportunities for physical activity and social engagement. 

GETTING OUT OF THE HOUSE IN JUNE 2022

MONTHLY FOCUS: ENVIRONMENTAL ENRICHMENT
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Make a list of your accomplishments so far in 2022!
- Try doing a workout you typically do at home in the community!
- Connect with a friend from afar! Take a walk in different places and send pictures to each other of what you find!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: ___________

Did you know?! Pursuing goal-directed activities can increase self-worth and happiness!
3 Strategies to Meet Your Monthly Goal!

- Create a new study routine that involves going to the library at least once a week.
- Listen to a lecture while going for a walk.
- Connect with a classmate and make plans to study somewhere together!

Community Participation Habit Tracker

Daily Goals:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: __________

Did you know!? Educational attainment is associated with higher levels of community participation! ¹
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Coordinate with your team to have a virtual meeting on the go!
- Plan positive habits into your workday! List 3 quick (5 min) stress-relieving activities you can do to recharge during the workday!
- Plan co-working time or staff outings with your colleagues!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: ____________

Did you know?! Being with other people is associated with lower loneliness and greater happiness!
GETTING OUT OF THE HOUSE IN OCTOBER 2022

MONTHLY FOCUS: LIBRARIES

3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Start a conversation with someone new about their favorite book!
- Join a library activity one day this month! Attend a book club, writing session, or workshop!
- Go to a café near you and take time to read a chapter from your new book!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: ____________

Did you know? Going to the same places in the community as part of a routine is good for cognitive functioning!!

1
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Getting Out of the House in November 2022

Monthly Focus: Gratitude

3 Strategies to Meet Your Monthly Goal!

- Go for a walk in nature and take this time to reflect on what you are grateful for!
- Share what you are grateful about this year with your friends and family!
- Attend a service or activity related to spirituality (church service, bible study, meditation/kirtan)

Community Participation Habit Tracker

Daily Goals:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: ______________

Did you know?! Being in the community can increase happiness and improve mood! ²
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

- Take time to visit your favorite new place in your community!
- Reflect on your journey over the past year! Share your accomplishments with someone else!
- Plan a new years’ celebration with friends to update your vision boards or create new ones for 2023!!

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:
- Got out of the house
- Did an activity I enjoy
- Connected w/ someone
- Went someplace new
- Other: ____________

Did you know?! Changes in your environment (rearranging objects and furniture) is good for cognitive functioning! ☰