

THE 2022 GUIDE TO GETTING OUT OF THE HOUSE





Temple University Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

www.tucollaborative.org

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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!

¹ McCormick, B. P., Brusilovskiy, E., Snethen, G., Klein, L., Townley, G., & Salzer, M. S. (2021). Getting out of the house: The relationship of venturing into the community and neurocognition among adults with serious mental illness. *Psychiatric rehabilitation journal*.

² Nagata, S., McCormick, B., Brusilovskiy, E., Zisman-Ilani, Y., Wilson, S., Snethen, G., ... & Salzer, M. S. (2021). Emotional states associated with being in the community and being with others among individuals with serious mental illnesses. *American Journal of Orthopsychiatry*, 91(1), 1.

³ Snethen, G., Brusilovskiy, E., McCormick, B. P., Hiremath, S. V., & Salzer, M. S. (2021). The relationship between community participation and physical activity among individuals with serious mental illnesses. *Mental Health and Physical Activity*, 20, 100381.

⁴ Townley, G., Brusilovskiy, E., Klein, L., McCormick, B., Snethen, G., & Salzer, M. S. (2021). Community Mental Health Center Visits and Community Mobility of People with Serious Mental Illnesses: A Facilitator or Constraint?. *Community Mental Health Journal*, 1-9.



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!!

GETTING OUT OF THE HOUSE IN JANUARY 2022

MONTHLY FOCUS: ENVISIONING AND PLANNING

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

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

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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!

GETTING OUT OF THE HOUSE IN FEBRUARY 2022

MONTHLY FOCUS: DATING & RELATIONSHIPS

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU
1						

Did you know? Being in the community can improve happiness and mood, including decreasing feelings of loneliness²

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



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!

GETTING OUT OF THE HOUSE IN MARCH 2022

MONTHLY FOCUS: FAMILY LEISURE

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! Community participation, including running errands, can increase physical activity!³

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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!

GETTING OUT OF THE HOUSE IN
APRIL 2022

MONTHLY FOCUS:
PARKS

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

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

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



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!

GETTING OUT OF THE HOUSE IN
MAY 2022

**MONTHLY FOCUS:
STORYTELLING**

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! The brain's ability to change -- known as neuroplasticity--continues throughout the lifespan! ¹

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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!

GETTING OUT OF THE HOUSE IN JUNE 2022

MONTHLY FOCUS: ENVIRONMENTAL ENRICHMENT

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! Getting out of the house, even for appointments or errands, can provide opportunities for physical activity and social engagement. ⁴

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



3 STRATEGIES TO MEET YOUR MONTHLY GOAL!

Make a list of your accomplishments so far in 2022!!

Try doing a workout you typically you 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!

GETTING OUT OF THE HOUSE IN JULY 2022

MONTHLY FOCUS: COMMUNITY CONNECTIONS

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! Pursuing goal-directed activities can increase self-worth and happiness! ²

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



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!

GETTING OUT OF THE HOUSE IN AUGUST 2022

MONTHLY FOCUS: EDUCATION

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know!? Educational attainment is associated with higher levels of community participation!¹

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



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!

GETTING OUT OF THE HOUSE IN SEPTEMBER 2022

MONTHLY FOCUS: EMPLOYMENT

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! Being with other people is associated with lower loneliness and greater happiness! ²

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



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!

GETTING OUT OF THE HOUSE IN OCTOBER 2022

MONTHLY FOCUS: LIBRARIES

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know? Going to the same places in the community as part of a routine is good for cognitive functioning!!¹

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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 your grateful about this year with your friends and family!

Attend a service or activity related to spirituality (church service, bible study, meditation/kirtan)

GETTING OUT OF THE HOUSE IN NOVEMBER 2022

MONTHLY FOCUS: GRATITUDE

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! Being in the community can increase happiness and improve mood! ²

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



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!!

GETTING OUT OF THE HOUSE IN DECEMBER 2022

MONTHLY FOCUS: LOOKING BACK & MOVING FORWARD

COMMUNITY PARTICIPATION HABIT TRACKER

DAILY GOALS:

GOT OUT OF THE HOUSE

DID AN ACTIVITY I ENJOY

CONNECTED W/ SOMEONE

WENT SOMEPLACE NEW

OTHER: _____

M	T	W	TH	F	SA	SU

Did you know?! Changes in your environment (rearranging objects and furniture) is good for cognitive functioning! ¹

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31