

WE CAN
DO HARD
THINGS!

Back to
School
2024

COSGP

COUNCIL OF OSTEOPATHIC
STUDENT GOVERNMENT PRESIDENTS

AACOM

Your Guide to the September Initiative

- 1. Meal Planning Tips**
- 2. Movement is medicine**
- 3. Podcast Recs**
- 4. National Suicide Prevention Week**
- 5. Some Good News**



Meal Planning on the Go...

Looking for easy recipes on a Budget?

This website lists how much each ingredient costs so you can eat healthy and stay on budget!

<https://www.budgetbytes.com>

Don't have the energy to plan out your meals for the week?

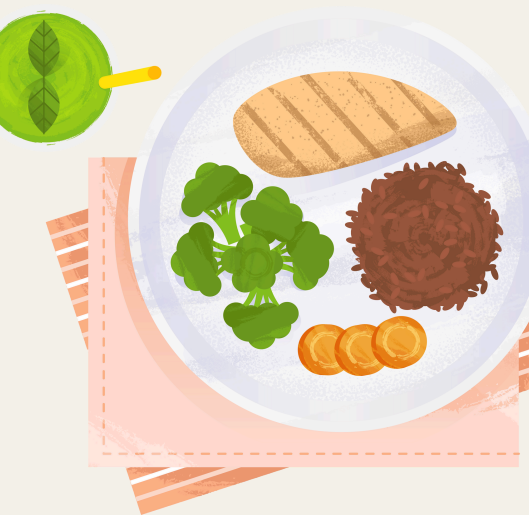
Check out these weekly meal plans by Spend with Pennies!

<https://www.spendwithpennies.com/category/meal-plans/>

Have a little bit more time in the kitchen?

You can't go wrong with anything by Half Baked Harvest!

<https://www.halfbakedharvest.com/>



**MOVEMENT IS
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Nourish Move Love

FREE HOME WORKOUT PLANS

Did you know that walking boosts immune function?

A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.



Pilates Class

<https://www.blogilates.com/>



Yoga Class

<https://yogawithadriene.com/free-yoga-videos/>

Podcast Recommendations

On the top-ranking, award-winning podcast Happier with Gretchen Rubin, the #1 bestselling author of The Happiness Project brings her practical, thought-provoking insights into happiness and good habits to this lively podcast.



HAPPIER WITH GRETCHEN RUBIN





SEPTEMBER 8 - 14, 2024 IS NATIONAL SUICIDE PREVENTION WEEK

- If you or someone you know is experiencing a crisis call or text 988.
- If you would rather chat online NAMI (National Alliance on Mental Illness) has a Suicide and Crisis lifeline here: **988lifeline.org**.
- Text 'NAMI' to 741-741 to be connected to a trained crisis counselor.



YOU ARE **NOT** ALONE



The American Foundation for Suicide Prevention (AFSP) is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss.

AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide

<https://afsp.org/>



**IT'S OKAY,
NOT TO BE OKAY**

Some Good NEWS

On his 200-stop tour, Noah Kahan has been quietly raising millions for rural mental health care.

Last year Noah Kahan launched The Busy Head Project, a Mental Health initiative that provides grant money to community organizations across the country helping to provide access to mental health support.

The goal was to raise \$1 million and they have far surpassed that, hitting the **\$2 million** mark!





NEVER FORGET

— you're —
ENOUGH

