



WELLNESS WEDNESDAY



Suicide Prevention Week: September 4th-September 10th

Did you know that according to the CDC annually about 12.2 million Americans consider suicide, 3.2 million plan an attempt, and 1.2 million go through with a suicide attempt. Additionally, suicide continues to rank high as a leading cause of death for both younger and older populations. While these statistics can be staggering, they show the importance of suicide awareness. The week of September 4th- September 10th has been designated as suicide prevention week and during this time we can reflect on the impacts of suicide and ways we can support those around us who may be struggling. Remember you or anyone else is not alone and there are resources available. In Oklahoma you can call 988, or 211 to get help. <https://www.suicideispreventable.org/>



Oklahoma City has over 10 inter-connected trails!
<https://www.okc.gov/departments/parks-recreation/trails>

Studies have shown that spending time outdoors not only helps your physical wellbeing, but also your mental wellbeing too!
<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

As the season starts to change from Summer to Fall, take your activities outside to enjoy what nature has to offer!

September Wellness Center classes and other offerings

Monday/Wednesday @12:10pm: Cardio Pound

Tuesday/Thursday (September 6,8,20,22) @12:10pm: Basic Self Defense

Financial Literacy Event: Investing 101 with OSU Professor Amit Bansal
Monday September 19th, 2-4pm. Student Center, Conference North and South. To RSVP: <https://apply.osuokc.edu/register/investment101>

Community Residents: We are offering a free 1 month trial membership to OSU-OKC Wellness Center as well. (New inquiries only). Please contact Kevin.Galloway@okstate.edu, or 405-945-8652 for more information.

Need Extra Support, but don't know who to call?

988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.



Guided Self Check in:
<https://open.spotify.com/episode/0Yg8dbj91pOK86QMCq0Lcm>

211- Dial 211 statewide or visit heartlineoklahoma.org to be connected with a professional who can direct you to a variety of resources you may need. Examples of resources 211 can connect you to include, mental health, crisis, rent, food, clothing, legal assistance, and education to name a few.



WHAT'S COOKIN' IN PETE'S PAN?

Roasted Grape, Goat Cheese and Honey Stuffed Sweet Potatoes

Ingredients:

- 4 sweet potatoes
- 2 cups red, seedless grapes
- 1 teaspoon grapeseed oil, or another high heat oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 ounces goat cheese
- 2 tablespoons honey + additional for drizzling
- pinch of cinnamon and nutmeg



Directions:

1. Preheat oven to 350 degrees F. Poke holes in sweet potato with a fork, then wrap each tightly in aluminum foil. Bake for 45-60 minutes, or until potatoes are tender to the touch. Unwrap foil and cut a slit down the middle of each sweet potato. Let sit until cool enough to handle.
2. Increase oven temperature to 450 degrees F. Lay grapes on a nonstick baking sheet and drizzle with grapeseed oil and a pinch each of salt and pepper, then toss to coat. Roast for 20-25 minutes, or until grapes begin to burst. Remove from the oven and let cool.
3. Once sweet potatoes are somewhat cool, gently remove the flesh with a spoon, trying to keep the potato intact. Add the sweet potato to a large bowl, then mash with 3 ounces of goat cheese, cinnamon, nutmeg, salt, pepper and honey. Taste and adjust seasonings if desired, then scoop flesh back into the potato skins. At this point you can re-warm the potatoes (if you let them cool completely) in the oven, then top with remaining goat cheese. Add grapes on top and serve with additional drizzled honey.

For more information: <https://osuokc.edu/wellness/community-wellness>

CONTACT

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Hours of Operation

Monday-Thursday

8 a.m.-6 p.m.

Friday

9 a.m.-3 p.m.

Saturday-Sunday

Closed

*Hours are subject to change
during interim periods.*



OKLAHOMA CITY

