

Well Devils Update

April 28, 2014

Sun Devils are Well Devils



Well Devils – Get a Massage

Some of the benefits of massage include relaxation of muscular tension, stress relief and increased sense of body awareness. At ASU Tempe, massage is offered at very reasonable rates at the [Sun Devil Fitness Complex](#) and [ASU Health Services](#). On April 30, free chair massage will be available at the [Stress-free Zones](#) during [Finals Breakfast](#).



Tips for Staying Focused on Finals

Focus on one subject at a time. Limit your cell phone use when studying. Log out of Facebook and Twitter. Study for 50 minutes and then take a 10 minute study break. Stretch, walk or dance during your study breaks. Learn more at [ASU Wellness a note on staying focused for semester projects and final exams](#).



Wellness Activities & Events

[4/28 – 5/2 Well Devils Week, Downtown Phoenix](#)
[4/29 Tasty Tuesday: Snack Attack, Downtown Phoenix](#)
[4/30 Wellness Wednesday, Downtown Phoenix](#)
4/30 Stress-free Zones during Finals Breakfast, [Downtown Phoenix](#) & [Tempe](#)
4/30 Stress-free Zones during Late Night “Breakfast”, [Polytechnic](#)
4/30 Stress-free Zones during Midnight Breakfast, [West](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Wellness](#)
[Finals Breakfast](#)
[Sun Devil Fitness](#)
[Well Devils](#)

*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email wellness@asu.edu

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