

Well Devils Update

February 10, 2014

Sun Devils are Well Devils



Well Devils – Help a Friend

Sadness, helplessness, anxiety, and/or loneliness are common responses to overwhelming or difficult experiences. Sometimes these feelings persist or worsen over time and can interfere with someone's ability to cope and manage daily activities such as school and relationships. If you think a friend is experiencing emotional [distress](#), let them know you are concerned and recommend they seek help from [ASU Counseling Services](#). Call 480.965.6146 or walk in and be seen anytime between Monday-Friday, 8 a.m. - 5 p.m. Outside of business hours, call EMPACT's 24-Hour Crisis Line for ASU Students at 480.921.1006 to speak to a counselor.



stay happy

Bypass the Blues; Get the Nutrients Your Mind Needs

Getting carbohydrates from whole grains, vitamins, minerals and fiber from fruit and vegetables and healthy protein from fish, poultry, beans and nuts will energize your body and brain. Use the [Harvard School of Public Health - Healthy Eating Plate](#) to create a well-balanced and nourishing meal. Learn more at [ASU Wellness Healthy Eating & Nutrition](#).



Wellness Activities & Events

[Feb. 10 - 15 Kickoff for Humanity 101: Creating a Movement, Campus-wide](#)
[Feb. 10 – 21 Sign Up for the February 22 ASU Dance Marathon Online](#)
[Feb. 11 Valentine's Day at the Farmers Market @ ASU Tempe](#)
[Feb. 11 Tasty Tuesday: The Power of Protein, Downtown Phoenix](#)
[Feb. 11 Reconnecting Through Gratitude: What is Emotional Health, Tempe](#)
[Feb. 12 Lovesick Blues: Is Love a Disease? Polytechnic](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Wellness](#)
[Sun Devil Dining](#)
[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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