

Well Devils Update

February 17, 2014

Sun Devils are Well Devils



Well Devils – Get Help When You Need It

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 you are experiencing emotional [distress](#), 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.



Tips for Managing Stress; Short Term

74.9% of ASU students reported experiencing stress within the last school year. When you're feeling challenged by various conditions, changes and demands of life, take a break, make a to-do list, think positive, talk to a friend or ask for help. Learn more at [ASU Wellness Stress Management](#).



Wellness Activities & Events

[Feb. 19 Night at the Spa, ASU West](#)
[Feb. 19 Healthy Foods for the Inside and Out, ASU West](#)
[Feb. 19 Well Devils Council at Jumpstreet, Polytechnic](#)
[Feb. 19 Healthcare 101, Polytechnic](#)
[Feb. 21 Night of the Open Door – Operation: Silly Skills, Polytechnic](#)
[Feb. 22 ASU Dance Marathon, Tempe](#)



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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