

Well Devils Update

February 24, 2014

Sun Devils are Well Devils



Well Devils – Volunteer

Volunteering benefits your community and enables you to connect with others, enhances your physical and mental health and provides professional development. Research, sign-up and participate in volunteer opportunities with other Sun Devils at volunteer.asu.edu.



Tips for Managing Stress: Long Term

27.4% of ASU students reported that stress affected their academic performance. Identify your stressors, set realistic goals and expectations, manage your time, maintain good health and practice daily rest and relaxation to stay ahead of stress. Learn more at [ASU Wellness Stress Management](http://ASUWellnessStressManagement).



Wellness Activities & Events

[Feb. 25 STI/HIV Testing, ASU West](#)

[Feb. 25 Farmers Market @ ASU Tempe](#)

[Feb. 25 Dine Healthy Be Healthy, ASU West](#)

[Feb. 26 Lunchtime Mega Mind Workshop, Polytechnic](#)

[Feb. 27 Dine Healthy Be Healthy, Downtown Phoenix](#)

[Feb. 28 Final Fit Friday and the Power of Protein, ASU West](#)



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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