

Well Devils Update

May 5, 2014

Sun Devils are Well Devils



Well Devils – Laugh

Laughter makes you feel good, relieves stress and shifts perspective. Watch a funny video, spend time with people who make you laugh or borrow funny books from a library. Visit Laughter is the Best Medicine by Helpguide.org to learn more.



Tips for Staying Focused on Finals

Avoid all-nighters. Eat small, frequent meals. Drink plenty of water. Limit your caffeine and energy drink intake. Avoid using stimulant drugs to stay awake. Learn more at [ASU Wellness a note on staying focused for semester projects and final exams](#).



Wellness Activities & Events

[5/5 – 5/11 Well Devil Coalition Now Hiring Directors and Assistant Directors](#)

[5/5 – 5/11 Sun Devil Dining Exam Hours: Tempe, West, Polytechnic, Downtown Phoenix](#)

[5/5 – 5/11 Sun Devil Fitness Complex Exam Hours](#)

[5/5 – 5/11 Take a study break, visit a Well Devils Zone](#)

[5/5 – 8/20 Stay connected to events this summer, follow Culture@ASU on Facebook](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Culture@ASU](#)

[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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