

# Well Devils Update

September 15, 2014

Sun Devils are Well Devils



## Well Devils – Join a Sport Club or Intramural Team

Joining a [sport club](#) or [intramural team](#) is a great way to exercise, meet new people, improve your athletic skills and reduce stress. Visit [Sun Devil Fitness](#) to learn more.



stay happy

## 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

[9/15 – 10/2 Register to attend League Certified Instructor \(LCI\) Seminar, Tempe](#)  
[9/15 ASU West Well Devil Coalition Meeting](#)  
[9/16 Well Devil Coalition at ASU Tempe Meeting](#)  
[9/16 Registration deadline for Intramural Indoor Soccer, Tempe](#)  
[9/17 Downtown Phoenix Well Devil Coalition Meeting](#)  
[9/19 Registration deadline for Intramural Badminton, Polytechnic and Tempe](#)



## Well Devils Resources

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

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

\*\*To unsubscribe to the Well Devils Update, please send an email request to [wellness@asu.edu](mailto:wellness@asu.edu).

