

Well Devils Update

APRIL 25, 2016

SUN DEVILS ARE WELL DEVILS

Hello Sun Devils! Get excited for the end of the year. Congratulations to our graduating seniors and to all others for making it through another fantastic year! Finals Week is quickly approaching, so here are some important stress management techniques and information about the importance of sleeping. Also, take a look at the ASU Collegiate Recovery program and find out more about how you can get involved! Have a great summer, Sun Devils, and we will see you next year!



Stress Management for End of the Year and Finals Week

Did you know 70.1% of ASU students reported experiencing stress within the last school year? 30.5% of ASU students reported that stress affected their academic performance. Stress is the way we react or respond physically, mentally, and/or emotionally to various conditions, changes, and demands of life. Developing healthy coping skills is important to stress management. Healthy habits can reduce stress overload. Go ahead and take a look at these [effective stress management strategies](#):

- Prioritize, take charge, and be flexible when confronted with challenges.
- Develop your skills: communication skills, study and writing skills, test taking skills can all assist in lowering stress levels.
- Manage your time: Use a planner to schedule class work and keep track of upcoming deadlines.
- Regulate your emotions: Recognize that feeling strong emotions is not bad but normal. Find ways to lower anger and frustration such as counting to 100, saying the ABC's and positive self-talk.
- Use healthy coping strategies: be physically active, read an enjoyable book, get a massage, etc. Avoid coping strategies that put your safety in jeopardy such as driving dangerously, consuming alcohol or using other substances that can impede judgment and health.
- Implement a relaxation practice: deep breathing, yoga, meditation, anything that helps your mind and body relax.

Value Your Sleep During Finals Week!

Sleep is extremely important to a person's overall state of health. [When we get enough sleep](#), we are happier, healthier, more focused, and significantly safer than we are when we are carrying around sleep debt. This is because, while we sleep, we turn off the more "active" physical processes of our bodies, such as moving and thinking, and allow the passive processes, like cellular restoration, to take over. Some highlights

I protest
sexual
violence

ASU Denim Day

of this restorative process include:

- Stress management: after a good night sleep, a project that seemed impossible the day before may seem much more manageable.
- Physical restoration: next time you get a paper cut on your finger, look at how much it heals while you sleep. The same kind of physical restoration happens to every cell in your body while you sleep.
- Learning: during the day, your brain receives information that goes into short term memory. While you sleep, some of this information is integrated into long-term memory and understanding. Sleep Well!!!
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ASU Collegiate Recovery Program

ASU is dedicated to providing an environment where students in recovery or seeking recovery from addiction can achieve their academic and their recovery goals. The ASU Collegiate Recovery Program is a newly established program that connects students in various stages of recovery through social activities, meetings, and community service. A network of students, faculty, staff and community organizations support student success. Counseling and housing options are also available. For more information, please visit the [Collegiate Recovery at ASU Facebook page!](#)



Wellness Events & Activities

[4/25 Active Rec Dodgeball - Downtown](#)
[5/6 Adult CPR/AED and First Aid - Tempe](#)
[5/14-19 California Camping Road Trip \(last day to register is 5/6\)](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Tobacco-free](#)
[ASU Wellness](#)
[Sun Devil Fitness](#)
[Sun Devil Dining](#)

