

Well Devils Update

AUGUST 17, 2015

SUN DEVILS ARE WELL DEVILS



Well Devils – Attend Sports, Art and Community Events

Every week, various sports, arts, lectures and community events are held at ASU. Visit [Fall Welcome](#), [ASU Events](#), [Sun Devil Athletics](#), [ASU Gammage Events](#), [ASU School of Film, Dance and Theatre](#), [Sun Devils Count](#) and [ASU Wellness Events](#) to look up things to do at ASU.



Tips for Managing Stress: Long Term

.30.5% of ASU students reported that stress affected their academic performance. There are many actions that you can take to stay ahead of stress. Each semester, identify your stressors, set realistic goals and expectations, manage your time, maintain good health and practice daily rest and relaxation. Learn more at [ASU Wellness Stress Management](#).



Wellness Activities & Events

[6/1 ASU Tobacco-free Policy Enforcement Now In Effect](#)
[8/17 – 8/23 Fall Welcome 2015 Events](#)
[8/17 – 8/23 ASU LiveSafe Scavenger Hunt](#)
[8/17 Well Devils Bike Sale, Tempe](#)
[8/19 Student Job Fair at Tempe and Downtown Phoenix](#)
[8/20 Well Devils Bike Sale, West](#)
[8/21 Student Job Fair at West and Polytechnic](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Wellness](#)
[Fall Welcome](#)
[Sun Devil Fitness](#)
[Wellness Care Package](#)

Connect with us on [facebook](#) | [twitter](#) | [pinterest](#) | [flickr](#)

Arizona State University | [ASU Wellness](#) Well Devils Update Newsletter | [Email ASU Wellness](#)