

Get the most out of your entire experience while you are here at ASU! By making sleep a priority, you can be more effective in your classes! Also, by exercising and staying happy, you are well on your way to creating a life of holistic well-being.



Make Sleep a Priority

The average college student needs 8 hours of peaceful [sleep](#) each night. For most ASU students, an interruption of sleep is caused by stress (58.0%). Other common reasons ASU students lose sleep include noise (42.5%) and depression/anxiety (33.1%).

Most college students fall into the “Night Owl” or “Morning Lark” categories. If a Night Owl wakes up early, and feels tired throughout the day, they generally experience a “second wind” in the evening, making it extremely difficult, if not impossible, for them to fall asleep early. Morning Larks have opposite experiences: They feel most energetic and awake in the morning, and if they go to sleep late the night before, “sleeping in” is nearly impossible.

Listen to your body to find out what category you may fall under, and use that to your advantage! If you are a Night Owl, sleep in a little each day and use your energy at night to be productive. If you are a Morning Lark, wake up early and get a strong start each day so you have what you need to accomplish done by the time it is dark.



Powerful Benefits to Exercise

Quartz, a new biz-news site, recently published an article titled, “[A neuroscientist says there’s a powerful benefit to exercise that is rarely discussed.](#)” The article pointed out five very important benefits to exercise that many people do not usually consider when working out. Remember, working out doesn’t always mean going to the gym and lifting weights or running, but maybe you can walk to class a little quicker next time, play a game of basketball with your friends, or go on a hike in this beautiful Arizona weather.

- Exercise combats stress.
- Exercise improves ability to shift and focus attention.
- Increased levels of physical activity can result in improved memory.
- Exercise might be able to improve the imaginative functions of the hippocampus.
- The longer and more you regularly exercise through your life, the lower your chances are of suffering from cognitive decline and dementia.

Suzuki, W. (2016, January 13). A neuroscientist says there's a powerful benefit to exercise that is rarely discussed. Quartz.



Stay Happy

With school back in session and the reality of classes starting to hit, it is important to [stay happy here at ASU!](#) Check out these helpful tips on how to stay happy this semester:

- Get one extra hour of sleep each night.
- Create a to-do list and a daily schedule.
- Get some exercise!
- Share your thoughts and feeling with someone that cares about you.
- Get the nutrients your mind needs.
- Practice self-acceptance.
- Respect and appreciate others.

With these tips in mind, you can create a healthy and happy lifestyle for yourself. Encourage your friends and your community members to do the same!



Team Challenge

Looking to add some fun and excitement to your retreat or workshop? Interested in building critical thinking, collaboration, problem solving, or conflict management skills among your team? Sun Devil Fitness is now offering Team Challenge--an interactive team building program designed specifically to meet your group's needs. Team Challenge is built to encourage healthy interactions, grow team dynamics and actively explore thinking outside of the box. To learn more or request a Team Challenge, click [here](#) or stop by Sun Devil Fitness.



Wellness Events & Activities

[1/19 - 3/16 Fork the Smoke! Tobacco-free Challenge](#)

[2/6 CPR/AED/First Aid for Professional Rescuers - Tempe](#)

[2/9 Farmers Market @ ASU Tempe](#)

[2/12 Register for Indoor Rock Climbing at Arizona on the Rocks](#)

[2/13 CPR/AED/First Aid for Professional Rescuers - Downtown](#)

Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Tobacco-free](#)

[ASU Wellness](#)



[Sun Devil Fitness](#)
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