

Gear up for ASU's Spring Break – March 7-11, and learn how to stay safe and healthy! Whether you are working, spending time with family and friends, or traveling, we have some helpful safety tips for you. As always, be a Well Devil and visit the [ASU Wellness](#) website for additional resources if needed!



Safe and Healthy Spring Break

Spring Break is right around the corner! Spring break provides relief from academic studies, time to catch up, travel, enjoy time with friends and family, give back to the community or just enjoy the pleasure of sleeping in. Did you know that 78% of ASU students stayed in Arizona for Spring Break in 2015? Also, the most common Spring Break activities were working and chilling out!

Here are some tips on how to stay [safe and healthy](#) over Spring Break 2016:

- Know your surroundings and make sure you are with people you trust.
- Be safe. Don't drink and drive. Use protection.
- Even though you're having fun, try to remain smart about where you are, what you're doing and how much money you're spending.
- If you are planning for outdoor activities, make sure that you remember to stay hydrated.
- Get as much regenerative rest as you can and spend some time doing absolutely nothing.
- Take the opportunity to incorporate your studies into a volunteer position. Even if it's for a few days.
- Have a great time, and take the break to relax. Enjoy yourself, and don't get hung up on only working and studying. Life is all about balance.
- Go outdoors and be physically active. Go hiking, camping, or swimming. Spend time with your friends and family.
- Use this time as a mental health break or to get caught up on your studies.

Personal Safety

An important aspect of wellness is feeling [safe](#) wherever you may be. One of the most important strategies to being safe is to use lights at night. In addition, you can follow these tips and tricks:

- Sign up for [ASU Emergency Alert System](#).
- Walk with friends, or in a group.
- Let friends know where you are going and your expected arrival time.
- Be observant of your surroundings at all times.
- Walk with friends or use safety escort. Safety Escort Service: 480-965-1515 ASU Police 480-965-3456



- Be aware of the ASU Blue-Light Emergency Call Boxes and where they are on your route.
- Walk confidently and with purpose at a steady pace.
- If you do get into trouble, attract attention to yourself in any way you can.
- Add ASU Police Department phone number into your cell phone. Emergency: 911; Non-emergency: 480-965-3456
- If traveling outside of the country, visit the [U.S. Department of State Website](#) and search Spring Break to learn of precautions.



Wellness Events & Activities

- [1/19 - 3/16 Fork the Smoke! Tobacco-free Challenge](#)
- [2/22-3/15 Registration for Indoor Volleyball Intramurals Open – All](#)
- [2/22-3/15 Registration for Softball Intramurals Open – All](#)
- [2/22-3/22 Registration for Racquetball Intramurals Open – Tempe](#)
- [2/29 Active Rec Dodgeball – Downtown](#)
- [3/2 Active Rec Table Tennis – Poly](#)
- [3/2 Active Rec Inner Tube Water Polo – West](#)
- [3/7-3/10 Lifeguard Training – Poly](#)
- [3/11-3/13 Lifeguard Training – West](#)



Well Devils Resources

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

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