Welcome to the New Well Devil’s Update Newsletter, featuring wellness information, events and resources. We want to know your thoughts on our new publication. Please take a moment to fill out this short survey. Your responses will help us provide you with a better newsletter.

Stay Happy

Feeling overwhelmed, moody or tired this time of the semester? Give yourself more time, create a to-do list and a daily schedule. Relieve tension and stress with some exercise. Go to a basketball court and shoot some hoops, take a walk, stretch or dance to your favorite song. Have you really talked with someone lately? Share your thoughts and feelings today with someone who cares about you over a cup of tea or by phone. To learn more about stress, study skills, time management and procrastination, visit ASU Counseling Services FAQ.

Help a Friend

Sadness, helplessness, anxiety and/or loneliness are common responses to overwhelming or difficult experiences. Sometimes these feelings persist or worsen over time. If you think a friend is experiencing emotional distress, let them know you are concerned and recommend they seek help from ASU Counseling Services. Call 480.965.6146 or walk in and be seen anytime between Monday-Friday, 8 a.m. - 5 p.m. Outside of business hours, call EMPACT’s 24-Hour Crisis Line for ASU Students at 480.921.1006 to speak to a counselor.

Start Your Day with a Devil’s Dish Breakfast

What meal gives you energy, improves your concentration and provides you with the strength and endurance to be active? Your first and most important meal of the day, breakfast! Fuel up with an Egg Burrito, a Banana Yogurt Parfait with Whole Grain Toast and Peanut Butter or Plum Oatmeal from the October 2015 Devil’s Dish Menus, Recipes and Grocery Lists.

#KeepTheBeat Heart Health Awareness Night

Did you know that heart disease is the number one killer in the United States? ASU Women’s Basketball wants to know what you do to keep your beat. Learn about heart healthy living at the Sun Devil Women’s Basketball vs. Kentucky first home game on November 15 at 3:30 p.m. $5 Tickets at promo.sundeviltickets.com, promo code HEARTASU.
students get in free!

Pregame events include:
- Blood Drive on the east side of Well Fargo Arena, 11 a.m.
- Taste of Tempe food and live entertainment just north of Wells Fargo Arena, 1:30 p.m.
- Health Healthy Expo on the Wells Fargo Arena Concourse, 2:30 p.m.

Spring 2016 New Courses

Enhance your wellness, learn about health and receive academic credit. Enroll in one of these new ASU courses:

- HCR 294 Mindful Eating, Tempe
- HCR 294 The Science of Sleep and Behavior, Downtown Phoenix
- PPE 240 Outdoor Cycling for Fun and Fitness, Tempe
- PPE 240 Gardening, Tempe

Search for these courses in the ASU Class Course catalog, go to asu.edu/classes. For more information on registration, visit University Registrar Services.

Wellness Events & Activities

Register to Attend Nov. 18 Red Watch Band Training, Tempe
11/2 – 11/14 ASU Salute to Service 2015 Events
11/2 – 11/7 Clothesline Project T-shirt Display, West
11/2 – 11/5 Consent Week at West
11/2 & 11/3 Clothesline Project T-shirt Display, Tempe
11/3 Farmers Market @ ASU Tempe
11/3 Understanding Credit Financial Wellness Workshop, Polytechnic
11/4 – 11/24 ASU Native American Heritage Month Events
11/7 Men’s Basketball vs. Western New Mexico, Tempe
11/8 – 11/14 ASU Homecoming Events
11/8 Sparky’s Challenge 5k/10k Run and Carnival, West
11/10 Homecoming City of Lights Dance, Downtown Phoenix
11/12 The Devils Royale Homecoming Event, Polytechnic
11/14 Homecoming Parade, Block Party and Football Game, Tempe
11/15 Women’s Basketball #KeeptheBeat Awareness Game, Tempe

Well Devils Resources

ASU Counseling Services
ASU Health Services
ASU Homecoming 2015
ASU Pat Tillman Veterans Center
ASU Student and Cultural Engagement
ASU Wellness
Farmers Market @ ASU Tempe