

# Well Devils Update

NOVEMBER 16, 2015

SUN DEVILS ARE WELL DEVILS

Well Devils help students stay healthy, happy and safe by answering three, brief questions about this newsletter. Please take a moment to fill out this [short survey](#). Thank you.



## Live and Breathe Tobacco-free

Do you smoke once in a while? There really is no safe amount of smoking. A little smoking could become an addiction. Choose not to smoke. Learn more about [ASU Tobacco-free](#) and review [student quitting resources](#).



## Fork the Smoke!

Interested in quitting? Already tobacco-free? Join the [Fork the Smoke! ASU Tobacco-free Challenge](#) from November 19, 2015 – March 16, 2016. Challenge participants will receive a free t-shirt, the weekly Fork the Smoke electronic newsletter and become eligible to receive free massage, personal training, nutrition counseling and more! Sign-up any time and go at your own pace. To sign-up and learn more, visit [eoss.asu.edu/forkthesmoke](http://eoss.asu.edu/forkthesmoke).



## Share a Favorite Dish

What do you like to eat? Help ASU students shop, cook, eat and be well. Share your favorite meals, snacks and culinary creations with other Sun Devils. [Submit recipes](#) at [Devil's Dish](#).



## Get Help When You Need It

Sadness, helplessness, anxiety and/or loneliness are common responses to overwhelming or difficult experiences. Sometimes these feelings persist or worsen over time and can interfere with someone's ability to cope and manage daily activities. If you think you are experiencing emotional [distress](#), 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.



## Wellness Events & Activities

[11/16 – 11/20 Trans Awareness Week](#)

[11/16 – 11/20 International Education Week](#)

[11/17 Farmers Market @ ASU Tempe](#)

[11/18 Health Career Expo @ Downtown Phoenix](#)

[11/19 Start the Fork the Smoke! ASU Tobacco-free Challenge](#)

[11/21 Devils on Mill](#) and [ASU vs. Arizona, Tempe](#)



## Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Student and Cultural Engagement](#)

[ASU Wellness](#)

[Farmers Market @ ASU Tempe](#)

[Sun Devil Fitness](#)

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