

# Well Devils Update

OCTOBER 19, 2015

SUN DEVILS ARE WELL DEVILS

Welcome to the New Well Devils Update Newsletter, featuring wellness information, events and resources.



## Stay Ahead of Stress

We're half way through the fall semester! Academic demands and pressures often increase from now until finals. To feel and do your best, take some time each week to maintain physical and mental wellness.

[Adequate sleep](#), [a balanced diet](#), [regular physical activity](#), daily rest and relaxation, support and connection to friends and family [reduce stress](#) and boost success. For more information, visit [ASU Counseling Services Semester Stress & Anxiety](#).



## Shop, Cook, Eat and Be Well with Devil's Dish

Designed for the college student lifestyle and featuring recipes submitted by ASU students and employees, [Devil's Dish](#) offers menus, recipes and grocery lists to help you eat healthy, save money and maximize time. View and download the [October 2015 Standard and Meatless Menus, Recipes and Grocery lists](#) today. Share your favorite meals, snacks and culinary creations with other Sun Devils, [submit recipes](#) at [eoss.asu.edu/devilsdish](http://eoss.asu.edu/devilsdish).



## Wear Purple for National Domestic Violence Awareness Month

Students, staff and faculty are encouraged to wear purple throughout the month of October and to participate in the [Clothesline Project](#) to highlight National Domestic Violence Month. ASU Police have posted a [website](#) about Domestic Violence Awareness Month, which provides details about their commitment to combat domestic violence, resources on campus and legal police contact information.



## Decorate a T-shirt for the Clothesline Project

The Clothesline Project is a program started on Cape Cod, MA, in 1990 to address the issue of violence. It is a vehicle for individuals against violence to express their emotions by decorating a t-shirt. They then hang the shirt on a clothesline to be viewed by others as a testimony to the problem of violence. For ASU Clothesline Project T-shirt Decorating and Display dates and times, visit [ASU Wellness Events](#).



## Beat the Bug, Get Your Flu Shot!

The best offense is a good defense. Stay healthy, be well and get protected from the flu. Attend a [Student Flu Clinic](#) or stop by any [ASU Health Services Location](#) - no appointment necessary.



## Wellness Events & Activities

[Register for Oct. 29 Introduction to Bicycle Mechanics, Tempe](#)  
[10/19 – 10/24 Join the Sun Devils AIDS Walk Team](#)  
[10/20 Farmers Market @ ASU Tempe](#)  
[10/21-10/22 Clothesline Project T-shirt Decorating, Downtown Phoenix](#)  
[10/22 Clothesline Project T-shirt Decorating & Display, Polytechnic](#)  
[10/25 Phoenix AIDS Walk & 5K Run](#)  
[10/26 – 10/30 Clothesline Project Display, Downtown Phoenix](#)  
[10/27-10/29 Clothesline Project T-shirt Decorating, West](#)  
[10/29 Devils on Mill](#) and [ASU vs. Oregon Salute to Service, Tempe](#)



## Well Devils Resources

[ASU Counseling Services](#)  
[ASU Health Services](#)  
[ASU Police: National Domestic Violence Awareness Month](#)  
[ASU Sexual Violence Awareness and Response](#)  
[ASU Wellness: Healthy Relationships](#) and [Sexual Violence](#)  
[Sun Devil Movement for Violence Prevention](#)

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