

Well Devils Update

SEPTEMBER 28, 2015

SUN DEVILS ARE WELL DEVILS



Well Devils – Accept Yourself and Others

Body acceptance is having a favorable opinion of one's body image. Individuals with body acceptance have a greater likelihood to take care of their bodies, experience high self-esteem and appreciate the uniqueness of others.



How to Improve Body Acceptance?

Focus more on wellness and health and less on appearance and weight. Practice healthy eating, active living, self-acceptance, respect and appreciation for others. Learn more at [ASU Wellness Body Image & Eating Disorders](#).



Wellness Activities & Events

[9/28 – 10/5 Career Week at Polytechnic](#)
[9/28 – 10/7 Register for IM Sand Volleyball League, Tempe and West](#)
[9/30 Salsa-Salsa Fiesta! West](#)
[10/2 Sun Devil Women's Soccer vs. Stanford, Tempe](#)
[10/2 MU After Dark: Pride Night, Tempe](#)
[10/3 – 10/4 Hacks for Humanity 2015, Tempe](#)
[10/3 Zoowalk for Autism Research, Phoenix](#)



Well Devils Resources

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