

Well Devils Update

August 18, 2014

Sun Devils are Well Devils



Well Devils – Attend Sports, Art and Community Events

Every week, various sports, arts, lectures and community events are held at ASU. Visit [Fall Welcome](#), [ASU Events](#), [Sun Devil Athletics](#), [ASU Gammage Events](#), [ASU School of Film, Dance and Theatre](#) and [ASU Wellness Events](#) to look up things to do at ASU.



Tips for Managing Stress: Long Term

27.4% of ASU students reported that stress affected their academic performance. There are many actions that you can take to stay ahead of stress. Each semester, identify your stressors, set realistic goals and expectations, manage your time, maintain good health and practice daily rest and relaxation. Learn more at [ASU Wellness Stress Management](#).



Wellness Activities & Events

- 8/18 Well Devils Bike Sale, [Polytechnic](#) and [Tempe](#)
- 8/18 [\(Dis\)Orientation and Rock the Rec! Downtown Phoenix](#)
- 8/20 [Culture@ASU Festival](#) and [Passport to ASU, Tempe](#)
- 8/20 [Well Devils Luau, Polytechnic](#)
- 8/21 Well Devils Bike Sale, [West](#)
- 8/21 [Fear the Fork BBQ with USG-West and Involvement Fair, West](#)



Well Devils Resources

- [ASU Counseling Services](#)
- [ASU Health Services](#)
- [ASU Wellness](#)
- [Fall Welcome](#)
- [Sun Devil Fitness](#)
- [Well Devils](#)

*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email wellness@asu.edu

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