

Well Devils Update

December 1, 2014

Sun Devils are Well Devils



Well Devils – Get a Massage

Some of the benefits of massage include relaxation of muscular tension, stress relief and increased sense of body awareness. At ASU Tempe, massage is offered at very reasonable rates at the [Sun Devil Fitness Complex](#) and [ASU Health Services](#). Free chair massage will be available at the [Stress-free Zones](#) during [Finals Breakfast](#).



Tips for Staying Focused On Finals

Focus on one subject at a time. Limit your cell phone use when studying. Log out of Facebook, Twitter, Instagram, etc. Study for 50 minutes and then take a 10 minute study break. Stretch, walk or dance during your study breaks. Learn more at [ASU Wellness a note on staying focused for semester projects and final exams](#).



Wellness Activities & Events

- [12/1 Free HIV/STI Testing, Downtown Phoenix](#)
- [12/2 Stress-free Zones at Finals Breakfast, Downtown, Polytechnic, West](#)
- [12/3 Free HIV/STI Testing, Tempe](#)
- [12/3 World AIDS Day Paint for Peace, Tempe](#)
- [12/3 Stress-free Zones at Finals Breakfast, Tempe](#)
- [12/7 Registration Deadline for Dec. 12-13 Traffic Skills 101, Tempe](#)



Well Devils Resources

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