

# Well Devils Update

December 8, 2014

Sun Devils are Well Devils



## Well Devils – Laugh

Laughter makes you feel good, relieves stress and shifts perspective. Watch a funny video, spend time with people who make you laugh or borrow funny books from a library. Visit [Laughter is the Best Medicine by Helpguide.org](http://Laughter is the Best Medicine by Helpguide.org) to learn more.



## Tips for Staying Focused On Finals

Avoid all-nighters. Eat small, frequent meals. Drink plenty of water. Limit your caffeine and energy drink intake. Avoid using stimulant drugs to stay awake. Learn more at [ASU Wellness a note on staying focused for semester projects and final exams](http://ASU Wellness a note on staying focused for semester projects and final exams).



## Wellness Activities & Events

[12/8/14 – 3/18/15 Fork the Smoke! Tobacco-free Challenge](http://12/8/14 - 3/18/15 Fork the Smoke! Tobacco-free Challenge)

Interested in quitting or already maintaining a tobacco-free lifestyle? Sun Devils quit together and make ASU a breath of fresh air. Challenge participants will receive health information, stress management tips, a free t-shirt and be entered to win free massages, nutrition counseling sessions, Devil-X Group Fitness passes and more! To sign-up and learn more, visit [eoss.asu.edu/forkthesmoke](http://eoss.asu.edu/forkthesmoke).



## Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Tobacco-free](#)

[ASU Wellness](#)

[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](mailto:wellness@asu.edu)

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