

Well Devils Update

September 29, 2014

Sun Devils are Well Devils



Well Devils – Accept Yourself and Others

Body acceptance is having a favorable opinion of one's body image. Feeling pleased, comfortable, confident and proud are some of the characteristics of body acceptance. 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

[9/29 – 10/3 Wellness Week, Tempe](#)

[9/29 – 10/26 Join the Sun Devils AIDS Walk Team, Campus-wide](#)

[9/29 Call to Action to End Sexual Violence with Jackson Katz, Tempe](#)

[9/30 Registration deadline for Intramural Tennis, Polytechnic and Tempe](#)

[10/1 Well Devil Wednesdays: Beware of the Zombies Workout, Tempe](#)

[10/2 Registration deadline for League Certified Instructor \(LCI\) Seminar, Tempe](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Changemaker Central](#)

[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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