

# Well Devils Update

APRIL 27, 2015

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 Managing Stress: Short Term

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

[4/27 – 5/29 Register for June 5 AZ Cactus Golf Scramble, ASU Tempe](#)  
[4/28 Saving Nature in a Human-Dominated World, Downtown Phoenix](#)  
[4/29 De-stress Fest, Polytechnic](#)  
[4/29 Finals Breakfast](#) featuring [Stress-free Zones](#), All ASU Locations  
[4/30 Free Tai Chi Class, ASU West](#)  
[5/1 De-stress Before Finals, Fun Fridays @ SDFC Tempe Pool](#)



## Well Devils Resources

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

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