

Well Devils Update

MAY 4, 2015

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 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.



Wellness Activities & Events

[5/4 – 5/29 Register for June 5 AZ Cactus Golf Scramble, ASU Tempe](#)
[5/4 – 5/21 Register for SDFC Tempe Summer 2015 Intramurals Session A Sports](#)
[5/4 – 5/10 Sun Devil Dining Exam Week Hours -Tempe, West, Polytechnic, Downtown Phoenix](#)
[5/4 – 5/9 Free SDFC Devil-X Group Exercise Classes, all ASU locations](#)
[5/4 Film Screening: The Garden Movie, ASU Tempe](#)
[6/1 ASU Tobacco-free Policy Enforcement begins June 2015](#)



Well Devils Resources

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

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