Well Devils – Practice Yoga, Stretch or Meditate

Practice yoga, stretch or meditate to increase your physical and mental health, improve concentration, reduce stress and cultivate mindfulness. Take a Devil-X Yoga class at the Sun Devil Fitness Complex and learn more about managing stress at ASU Wellness Stress Management.

Tips for Managing Stress: Short Term

74.9% of ASU students reported experiencing stress within the last school year. When you're feeling challenged by various conditions, changes and demands of life, take a break, make a to-do list, think positive, talk to a friend or ask for help. Learn more at ASU Wellness Stress Management.

Wellness Activities & Events

4/1 – 4/30  ASU Celebrates Earth Month 2015
4/20 – 4/27  Register to Attend Apr. 30 Introduction to Bicycle Mechanics Class
4/20  Walk a Mile In Her Shoes to End Violence, ASU ARMY ROTC Event
4/20  Sexual Assault Prevention and Response Panel, Downtown Phoenix
4/21  Special Earth Day Farmers Market @ ASU Tempe
4/25  Run With It, 11th Annual Pat’s Run

Well Devils Resources

ASU Counseling Services
ASU Health Services
ASU Wellness
Julie Ann Wrigley Global Institute of Sustainability Events
Sun Devil Movement for Violence Prevention
Sun Devil Fitness

*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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