

Well Devils Update

April 20, 2015

Sun Devils are Well Devils



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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