

Sun Devil Fitness Complex

Arizona State University

Say Goodbye to Unnecessary Stress!

Life is stressful—especially during a pandemic. It's important to keep in mind that you are not alone, and 2020 has been rough for everybody. Following these tips will help you lower your stress level so that you can live well!

Exercise More

Not only has exercise been proven to decrease stress, but it is also great for you! Most people don't like to put in the hard work—especially when they are stressed and not in the mood. However, exercise can be fun! Come on down to the SDFC for one of our many great fitness and wellness events. If you need motivation, just think of how amazing you will feel leaving the stress in 2020!

Eat Healthy

Eating a well-balanced meal can do wonders for your health! Sure, a granola bar is a great snack, but it is not a meal. Often, we are always in a rush and don't take the time to make wise choices about what we eat. Sometimes it is okay to stop at a fast-food restaurant for dinner, but when it turns into a regular habit, that is when it's time to consider more nutritious options than Burger King or Chick-fil-A. Not only will you feel much better mentally and emotionally, but your body will also thank you.

Get Enough Sleep

Sleep is crucial for us to function. Even though you have a ton of homework and exams to study for, sleep is critical for your body to heal and get back to 100 percent. If your phone won't last days without charging, why would your body be any different?

Take a Break

It is important to take a break from work sometimes. After a hard day of work, you should reward yourself with something fun. It could be as simple as reading a book or watching a movie. If it allows a temporary escape from the stressors of everyday life, it is a good reward.

Embrace the Uncontrollable

Some things we can change, but oftentimes, we stress out over things that are outside of our control. If you have no control over a situation, then no good can come from your continued worrying. Worrying in these situations only adds to your stress, so you should try your best and embrace whatever outcome once the problem is out of your hands.



Emotional Wellness Toolkit

Staying emotionally well should always be a priority. In a time when physical wellness is on everyone's mind, it is especially important to remember that health is of not only the body, but also the mind and the spirit. Here are our best recommendations for maintaining emotional well-being in these challenging times.

Create a Consistent Sleep Schedule

This means going to bed and waking up at the same time each day. We know that life happens, and this may not always be possible, but you can at least take the first step of setting a new bedtime and wake-up time for yourself to follow. One way to easily do this if you have an iPhone is to use the Bedtime function housed within your Apple Clock app.

Exercise Every Day

Good news - heading over to the SDFC and getting those gains helps you sleep better, too! Put your phone down at least an hour before you plan to sleep. This helps to calm your mind and has the added benefit of giving your eyes a break from those screens you're on all day.

Try to Think Positively

We know, we know. This is another one of those platitudes you hear way too much. But, we think these tips may actually help you brighten your outlook in dark times: When you wake up in the morning, think about what you are looking forward to doing that day. Are you seeing a friend you haven't seen in a while? Are you trying that new Starbucks holiday drink? Are you Zooming in to your favorite class? This can help decrease the stress that often accompanies your morning.

Stay Aware, But Don't Overwhelm Yourself

It's important to know what's going on in the world, and you don't have to choose between being socially aware and maintaining a positive outlook. Overwhelming yourself with the problems in your community and the world is never productive. Instead of drowning in the bad, try to focus on concrete ways you can help. And, when it gets to be too much, allow yourself a mental break by getting some fresh air or watching an episode of your favorite TV show.

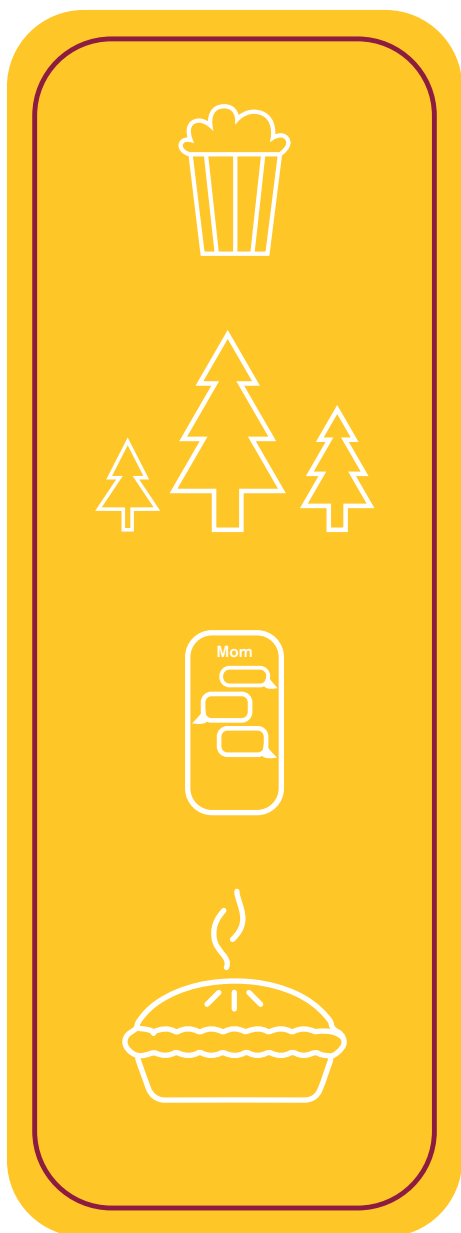
Don't Be Afraid to Ask for Help

You shouldn't have to do this alone - and you don't. You can find resources to support your emotional well-being right here at ASU. Even though it might feel distant right now, remember that the ASU community is always here to support you.

Celebrate Small Victories

Did you get an A on a pop quiz? Did you make it to the gym this week? Maybe you reached out to a friend who was struggling and talked them through a difficult situation. Focus on the things you did, not the things you could've done.

What Should I Do This Thanksgiving?



Have a Thanksgiving Movie Marathon

Thanksgiving movies might not be quite as iconic as Christmas and Halloween classics, but there are many great films inspired by this delicious holiday. Watch fun flicks like *A Charlie Brown Thanksgiving* or *Chicken Run*--it's the perfect post-dinner activity!

Get Outdoors

With the weather cooling down, now is the perfect time to get outside! What better way to work off that turkey than enjoying the fresh air? Hiking or walking is a great activity whether you're spending Thanksgiving alone or with family. Not to mention, spending time in nature is also a good way to wind down and reflect on the things you're grateful for.

Reach Out to Friends/Family

It has been a difficult year for most everyone, and chances are, you might not get to see everyone you're thankful for. Let them know they're loved by giving them a call or sending them a text. Even just a few words go a long way!

Have a Bake-Off

It's time to get creative! Pick a dish and see which of your friends and family members can produce the best one! If you're having company over, you can all bake together or have your friends bring the dessert ready-made! And if you're spending Thanksgiving social distancing, you can have a Zoom bake-off to see who can produce the prettiest dessert. Sure, you won't get to taste everything, but you will get to put your decorating skills to the test and witness your friends' creations.

3 "Corny" but Hilarious Thanksgiving Jokes

1. Why was the Thanksgiving soup so expensive?

Answer: It had 24 carrots.

2. Why did the turkey cross the road twice?

Answer: To prove he wasn't chicken.

3. My family told me to stop telling Thanksgiving jokes ...but I told them I couldn't quit "cold turkey."