Mary Lou Fulton Teacher's College

Arizona State University
How can you Build Your Best You?

**LiveWell@ASU** empowers the Sun Devil community to achieve a healthy lifestyle through four foundational elements: **Live, Feel, Learn** and **Engage**. Each element helps you **Build Your Best You** by contributing to your physical, mental, emotional and social well-being. The information, resources and involvement opportunities found within each element are designed to positively impact your academic performance, personal well-being and assist you in reaching your full potential and performing to the best of your abilities in all areas of life.

Look for these icons throughout these pages and around campus to experience how to **Build Your Best You**!

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**Live:** Improve and maintain your physical well-being by making healthy choices on a daily basis — from staying active and eating healthy to better sleep and routine health care, you can make the healthy choice.

**Feel:** When you feel happy, sad, angry, or anxious it’s important to do these three things: 1) Accept the feelings as true; 2) Tell yourself that your feelings do not determine your actions; and 3) Choose what you want to do.

**Learn:** Your mind is naturally curious. Learn something new every day and allow yourself to see the world as full of learning opportunities to elevate your health as well as society’s.

**Engage:** Engage in conversations and experiences with diverse individuals and groups. Build connections of trust, create memories, and strive to ensure everyone succeeds.
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Goal Setting

Goal setting serves as a way to achieve something you desire. Setting short and long-term goals can help keep you accountable and on track on the path to success!
## SMART Goal Setting

Use this worksheet to set SMART goals. Take notes and focus on how your goals relate to each point in the SMART guidelines.

### Specific

**Is your goal clear and well defined?** A goal should specify the who, what, when, where and why. For example: I will go to bed at 10pm and wake up at 7am starting this Monday so that I can be more alert each day.

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<td><strong>Does your goal include a degree of success that is measurable?</strong> The sleep goal could have two possible metrics:</td>
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<td>How many days per week did you stick to sleep and wake times?</td>
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<td>On a scale of 1-5, how alert do you feel each day?</td>
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### Attainable

**Can your goal be accomplished?** Be realistic with your goals, but also challenge yourself. The sleep goal could be very hard to accomplish for someone whose bedtime and waking time varies daily. A better goal in that case might reflect attaining a 10 p.m. to 6 a.m. sleep time 4 of 7 days per week for the next four weeks. Once this goal is met, another goal can be set for 5 or 6 days per week.

### Relevant

**Does your goal take into consideration what is going on in your life now?** For example: It may be that you have a night class from 5 - 8 p.m.. A 10 p.m. bedtime may not provide enough time to get home from class, eat, visit, and do homework. A more realistic goal might be to sleep from midnight to 8 a.m.

### Time-Bound

**Do you state when you will have completed the goal, or when you will do the tasks you have assigned yourself?** The sleep goal starts on Monday. Another way to incorporate time into the sleep goal would be: By the end of the semester, I will consistently go to bed at 10 p.m. and wake up at 6 a.m. at least five days per week, so that I can be more alert.
Writing Your SMART Goal

Make your goals SMART and you’ll be more likely to achieve them! Use this page to write down some of your short and long-term goals.

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How can career decision-making contribute to overall wellness?

Did you know that the average person may have a number of different careers in a lifetime? Since this is the case, how do you know if you are on the right track for a satisfying, engaging career that will encompass your values, skills, interests, and abilities? Research has shown that students who are engaged with their major and are able to see the link between major and career are more likely to persist and, therefore, to be successful.

For most people, career decision-making is a process which involves close reflection on individual factors, as well as the willingness to “test drive” different career options. Test driving allows students to compare their career images to the reality of the positions while also building confidence with their career decision-making. Doing so can dramatically decrease stress levels related to future career paths and therefore, contribute to a better sense of direction and well-being.

Here are five ways to test drive your education-related career choice:

1. **Obtain Experience** — Utilize resources such as the MLFTC Opportunity Database (bit.ly/MLFTCOpportunity) to locate entry-level, short-term positions which will allow you to work with children and youth early on in your career.

2. **Network** — Utilize resources such as LinkedIn (university.linkedin.com) and the ASU Mentor Network (mentorship.asu.edu) to connect with professionals in your area(s) of interest. Be sure to step away from the computer and schedule in-person meetings as well.

3. **Conduct Informational Interviews** — Schedule a time to meet with professionals in your area(s) of interest to find out how they got started in their careers and obtain advice about your future career path. Conducting an informational interview not only provides you with the opportunity to learn first-hand about a position from someone who is currently in the field but it also allows you to obtain face time so that others become familiar with you, which may lead to opportunities in the future!

4. **Meet with a Career Coach** — The Teachers College has a Career Development Coach who is a member of the Student Success Team and who can assist you with reflecting upon your discoveries, interests, and experience. Feel free to schedule an appointment at any campus by calling (480) 965-5555.

5. **Reflect** — Keep a journal of your observations and experiences related to your major and career interests. Ask yourself what you enjoy most about each experience, as well as factors which you may not enjoy as much. You may also want to make a list of the top 20 things that you would like to do in your lifetime and look for patterns. Completing such reflection will help you with identifying whether or not you are on the right track to a satisfying career!
Time Management

Time and energy are not infinite, so we must be smart about how we manage them. By prioritizing what we have to get done, and including time for relaxation and self-care, we will be better equipped to handle all of our responsibilities.
10 Essential Ways to Plan a Successful Day

1. Get an early start.
   Gain 10–20 minutes and see the difference.

2. Picture the desired result.
   Set this as your intention for the day.

3. Set your schedule. List your to-dos.
   Batch similar tasks for ultimate efficiency.

4. Prioritize healthy habits.
   Plan out your meals, snacks, and exercise.

5. Select your top three.
   Keep focused on your priorities.

6. Get to work.
   Start small to gain momentum.

7. Plan for tomorrow.
   Set your future self up for success.

8. Practice gratitude.
   Reflect and find something to be grateful for.

   Carve out time for you and those you love.

10. Commit to quality sleep.
    Recharge for at least seven hours.
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Balancing School and Work

- **Build a support system** – Whether it's your manager, mentor, or a family member, make sure those around you are on board with your decision to go to college— you can't do it alone!

- **Be sure your job is flexible** – Try to find a job that is flexible with your school schedule and communicate regularly with your supervisor(s). An understanding employer can help you become successful at work and school.

- **Schedule time off of work ASAP** – Taking time off during high-stress times like midterms and finals will help you focus on school when it matters most.

- **Time management is everything** – When you're in your highest stress times, try to schedule your life in 30 minute increments until you get a handle on it.

- **Make your manager aware** – People can only help if they understand what's going on. Bringing your boss into the conversation early on may even result in recognition or a promotion after graduation.

- **Stay focused on the finish line** – It may be a photo, a quote, or a handwritten letter to yourself, but find something to remind you of why you’re putting in the hard work.

- **Take time to breathe** – Plan down time as often as you can to do something meaningful to recharge your batteries.

- **Have clear objectives** – Establish realistic career goals, plans and expectations for what you’ll achieve after you graduate.

- **Bring your school to work and work to school** – Wherever possible, use work examples of projects for your coursework and implement school projects in your work.

- **Consider online courses** – Depending on your job, you may be able to do homework at your work computer during your lunch break. The flexibility of online courses eliminates the stress of scheduling conflicts between work and classes.

- **Love your learning** – If you’re truly passionate about your education and the career for which it’s preparing you, suddenly it stops feeling like work. Don’t just think of it as doing assignments and clocking in hours; think of it as enriching your mind and advancing your career.
Weekly To-Do

Monday

Tuesday

Friday

Saturday

Reminders
Get ahead of the game by creating a weekly schedule and prioritizing what tasks need to get done each day. Manage stress by reserving time for breaks and activities you love. Don't be afraid to ask for help when you need it.

Wednesday

Thursday

Sunday

Notes

Notes

Download and print more weekly schedules here
During college you have the opportunity to meet many new people. Utilizing good communication and conflict management skills is an important part of building connections, maintaining positive social well-being, and influencing overall health.
Communication and Conflict Management

Conflicts with friends, roommates, family, coworkers, and partners are all a common part of the college experience. As much as we might try to avoid it, conflict is inevitable in college and beyond. Here are some tips to practice effective communication and conflict management.

- Practice active listening: this is different from hearing. Give full attention to what the speaker is saying, how they are saying it, and non-verbal cues they may be giving.

- See conflict as an opportunity for growth, improved communication and new understanding.

- Work together and take accountability - each person should strive to avoid placing blame and take ownership of the problem. Make a commitment to work together and listen to each other.

- Agree to disagree - each person has a unique point of view. Instead of focusing on who is right, try to find a compromise in which both parties win.

- Be creative with solutions - finding a resolution to the problem that satisfies everyone requires creativity, and knowing the “why” behind each other’s positions. Make sure everyone fully understands each point and clarify any ambiguity.

- Separate the behavior from the person - instead of blaming or attacking the person, focus on the behavior at hand.

- Use “I” statements - “I” statements take the other person out of the problem, so you can focus on the problem at hand. This can help the other person from becoming defensive, and help both parties work toward a solution.
**Using “I” statements**

I feel *(strongest feeling)*

when you *(objective description of the behavior)*

because *(specific impact or consequences)*

I would like *(what you want the person to do in the future to prevent the problem)*

**Scenario:** You are annoyed with your roommate, who is constantly eating your food without asking or replacing it. You come home after a long day of school and work, to look in the fridge and see that the last of your food is gone, once again. Your roommate walks out of their room to greet you. You’re so fed up that you yell “Stop eating my food! Just get your own!”

**Response using an “I” statement:** I feel frustrated when you eat my food without asking because I plan my meals based on what I have in the fridge. I would like for you to let me know in advance if you want to get groceries with me, or if you want to share food.

**Scenario:** It's been a stressful week of school, and you are really looking forward to the weekend. You made plans with a friend to hang out on Saturday, and all of a sudden it’s Saturday morning and you’re about to meet up with them, and they text to let you know they won’t be able to hang out after all. You’re feeling disappointed, and don’t know how you should respond to your friend.

**How would you respond using an “I” statement?**

I feel __________________________________________

when you __________________________________________

because __________________________________________

I would like __________________________________________

**What are some conflicts you have encountered so far?**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Having healthy relationships and a strong support system leads to a greater sense of belonging and increased mental and physical well-being. Build positive connections by having open communication, being supportive, being honest and respecting boundaries.
The Spectrum of Relationships

Any connection or bond between two people can be considered a relationship. This includes family members, friends, dating partners, co-workers, acquaintances and even, to a certain degree, strangers we come into contact with. Relationships exist on a spectrum and can range from healthy to abusive, with unhealthy existing somewhere in between.

Think of one of your closest relationships. Proceed through the prompts below, “checking-off” any boxes that you feel resemble that relationship.

<table>
<thead>
<tr>
<th>Healthy Relationships</th>
<th>Unhealthy Relationships</th>
<th>Abusive Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy relationships build you up rather than break you down.</td>
<td>Communications breakdown</td>
<td>Humiliation and degradation</td>
</tr>
<tr>
<td>□ All partners feel respected</td>
<td>□ Dishonesty, lack of trust</td>
<td>□ Co-dependence</td>
</tr>
<tr>
<td>□ Mutual trust and honesty</td>
<td>□ Pressure to comply</td>
<td>□ Sexual and physical abuse</td>
</tr>
<tr>
<td>□ Communication</td>
<td>□ Feelings of insecurity about the relationship</td>
<td>□ Isolation</td>
</tr>
<tr>
<td>□ Equality between partners</td>
<td>□ Partners spend little time with other friends or family</td>
<td>□ Substance Abuse</td>
</tr>
<tr>
<td>□ Boundaries are respected: Physical, Intellectual, Emotional, and Sexual</td>
<td>□ A lack of support for a partner’s interests and accomplishments</td>
<td>□ One partner tries to exert power and control over the other</td>
</tr>
<tr>
<td>□ Self-esteem is developed and supported</td>
<td></td>
<td>□ Excessive Jealousy</td>
</tr>
</tbody>
</table>
Cultivating **Healthy Relationships** and How to Help a Friend

It can be difficult to know how to support a friend who is in an unhealthy or abusive relationship. You may want them to leave their partner, yet they may choose to stay in the relationship for reasons not yet understood by you. Here are some ways we can cultivate healthy relationships and support friends who may be experiencing an unhealthy or abusive relationship.

### How to Grow Healthy Relationships

- Treat others the way they want to be treated. If you are unsure what this looks like for someone, ask them.
- Communicate your boundaries and let others know how you would like to be treated.
- Hold yourself accountable for your actions and make intentions to improve in the future.
- Don’t ignore problems that may arise, talk about them.
- Listen to the other person’s perspectives and share your own perspectives.

### How to Help Someone in an Unhealthy or Abusive Relationship

- Be a good friend and practice active listening skills.
- Be respectful and supportive; do not give your friend an ultimatum requiring they leave the relationship.
- Listen patiently and openly; don’t try to place blame on your friend or fix the relationship.
- Say that you are concerned for your friend’s safety and want to help.
- Help your friend understand that the abuse is not normal and is not their fault.
- You don’t have to have all the answers, ask them what you can do to help.
- Connect your friend to resources for assistance and guidance.
- Encourage your friend to work with a professional to develop a safety plan.
- Avoid confrontations with the abuser. This could be dangerous for you and your friend.

### Is your Friend an Abuser? Are you concerned that a friend is hurting others? What can you do?

- Learn the warning signs of abuse.
- Help your friend recognize their unhealthy and abusive behaviors.
- Do not support your friend’s attempts to blame the victim for the abuse.
- Do not minimize the severity of the behavior.
- Connect your friend to resources for counseling and assistance with changing learned behaviors.

For additional support and resource information, please visit [sexualviolenceprevention.asu.edu](http://sexualviolenceprevention.asu.edu)
Stress Management

Stress is the way we react or respond to the various changes and demands of life. Some amount of stress is a normal part of the student experience—finding a good balance between too much and too little stress keeps us motivated and challenged, and teaches us to be resilient.
Stress Management and Emotional Well-being

Many ASU students take positive steps to manage stress, such as:

- By talking to someone they trust – 80.2%
- Through physical activity – 72.8%
- Through healthy eating – 70.3%
- By taking action to resolve the situation – 66.3%
- Doing something creative – 53.2%
- By using mindfulness practices – 37.9%

Is Stress Always Bad?

Stress is not inherently bad. The stress response prepares our bodies and minds for action, and can help us perform at our optimal levels to manage the situations that we are facing. Stress can be motivating and energizing. When stressors come at a rate and intensity we can handle, it builds our resilience.

Some examples might include:

- Stress about school can motivate you to study to achieve the grades you want to earn.
- Having a busy schedule can motivate you to prioritize and clear your calendar for important activities.
- Being strapped for money can motivate you to work harder to get a promotion or a better paying job.
- Relationship conflicts can motivate you to build communication skills.

However, the constant demands of academic and personal life can build up stress levels without allowing us to unwind and become fully relaxed, which can lead to feeling overwhelmed. It’s important to recognize and be aware of your stress levels and emotions to prevent this from happening!

How do I manage **stress**?

- Gain awareness of stress “triggers” and know how to recognize when you start to become stressed

- Have a “go-to” stress relief list

- Be preventative and proactive: healthy living and balance

- Incorporate down time into your routine

- **My Go-To Stress Relief List**

  - Coloring or doing a word search can be a quick and easy way to relieve stress during the day. Find what works for you and make
Sun Devils Have a Growth Mindset

87.5% of ASU students feel they can succeed if they put their mind to it

Having a growth mindset, or the belief that you are in control of your own ability and can learn to improve through practice and hard work, can help you conquer new challenges and see setbacks as opportunities for growth. Transforming your thoughts can play a big role in transforming your actions!

I’m not that smart ........................................ I can become smarter through effort.

I’ve failed so I should give up ................................ I’ve failed so I should try another strategy. I can persevere.

I don’t understand this .................................. I don’t understand this yet but I’ll keep going.

My abilities determine everything.......................... My effort and attitude makes all the difference.

She’s just smarter than I am ................................ I’m inspired by those who succeed. I can learn from them.

Developing a growth mindset takes practice. Knowing that you are in control of your own abilities and can learn to improve will help set you up for success in college and beyond!
Sleep is extremely important to your overall state of health. When we get enough sleep, we are happier, healthier, more focused, and better able to handle all of our responsibilities.
Getting more zzz’s can help you get more A’s.

For more energy, less stress, and a sharper mind...

Do:
- Aim for 7–9 hours every night
- Refrain from using technology 30 minutes before bed
- Sleep in a dark and quiet place with few distractions
- Try to go to bed at the same time every night

Don’t:
- Pull an all-nighter to cram for a test
- Keep your phone right by your bed
- Take naps in the late afternoon

What about caffeine?
Caffeine at moderate levels can help you feel more alert and give you a boost of energy during the day. Caffeine is generally considered safe at moderate levels of 300-400 mg per day, or the amount of 3-4 cups of coffee. Be aware of other drinks you are consuming that may exceed this limit and lead to unpleasant side effects. Some energy drinks can contain anywhere from 80 to over 500 mg of caffeine.

Instead of increasing your caffeine intake, use natural energizers
- Have a good sleeping environment and develop a consistent sleep routine
- Move your body and do something to manage stress every day
- Eat snacks that have a healthy balance of carbohydrates, protein and fat to energize you during the day
Maximize Your Sleep Space

1. Limit clutter – An organized room leaves an organized mind. Make sure your sleep space is tidy and welcoming.

2. Make it dark – This helps your body’s circadian rhythm. Try blackout curtains if your schedule doesn’t allow you to sleep during the night.

3. Make things comfortable – Fresh sheets and the perfect pillow can help make a difference when trying to fall asleep.

4. Keep it quiet – If your sleep schedule is different than your household, try ear plugs to help block out daily noise. Ensure smoke detectors and alarm clocks can still be heard with ear plugs in.

Pro Tip – Keep your bedroom a bedroom. Avoid eating, watching TV, or doing work in this room so your mind and body don’t associate it with anything but sleep and relaxation.
Our physical health impacts every aspect of our overall well-being. Regularly moving our body boosts our mood, improves focus, and enhances our immune system among countless other health benefits. Work in a mix of cardio and strengthening exercises, and build movement into your routine throughout the day to reap the most benefits.
Get Moving, Sun Devils!

Tips for Active Living

- Make time for exercise each day
- Try to limit time spent sitting - stand, or get up and walk around every hour
- Seek social support from family and friends
- Take active study breaks
- Train for a race or event
- Join a sports club or intramural sport
- Do activities you enjoy
- Sign up for personal training if you need assistance designing an exercise program
- Find a buddy to work out with - keep each other accountable
- Take a group wellness class

How much should I be getting?

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<thead>
<tr>
<th>Type</th>
<th>Example</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Aerobic</td>
<td>Walking or biking to class, a HIIT workout, swimming, dancing, playing sports</td>
<td>150 - 300 minutes per week (at least 30 minutes a day)</td>
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<tr>
<td>Strength</td>
<td>Lifting weights, resistance exercises</td>
<td>2-3 days per week minimum, working all major muscle groups</td>
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<tr>
<td>Flexibility</td>
<td>Stretching, yoga</td>
<td>2-3 days per week, ideally 5-7</td>
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</table>
Tracking physical activity can help keep you on track and get excited about your progress! Don’t forget to stay hydrated as well.

<table>
<thead>
<tr>
<th>Time Start</th>
<th>Time End</th>
<th>Today’s Goal</th>
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<table>
<thead>
<tr>
<th>Muscle Group(s)</th>
<th>Cardio</th>
<th>Time</th>
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<tr>
<th>Exercise</th>
<th>Set #</th>
<th>Reps.</th>
<th>Weight</th>
<th>Set #</th>
<th>Reps.</th>
<th>Weight</th>
<th>Set #</th>
<th>Reps.</th>
<th>Weight</th>
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Color in one droplet for each 8oz of water you drink.
Having a healthy and balanced diet is an important component of health. Having a healthy eating style can help increase your energy level, enhance your immune system, fuel physical activity, and reduce your risk of heart disease, cancer and other health problems.
**What You Eat Matters**

Walking or biking to class, a HIIT workout, swimming, dancing, playing sports

<table>
<thead>
<tr>
<th>Carbs</th>
<th>Proteins</th>
<th>Fats</th>
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</thead>
<tbody>
<tr>
<td><strong>Choose more</strong></td>
<td><strong>Choose more</strong></td>
<td><strong>Choose more</strong></td>
</tr>
<tr>
<td>- Whole-grains</td>
<td>- Nuts/seeds</td>
<td>- Avocado</td>
</tr>
<tr>
<td>- Legumes</td>
<td>- Beans/lentils</td>
<td>- Olive oil</td>
</tr>
<tr>
<td>- Vegetables</td>
<td>- Fish</td>
<td>- Nuts/seeds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Choose less</strong></th>
<th><strong>Choose less</strong></th>
<th><strong>Choose less</strong></th>
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</thead>
<tbody>
<tr>
<td>- Sugar</td>
<td>- Processed meats</td>
<td>- Fried foods</td>
</tr>
<tr>
<td>- Refined grains</td>
<td>- Fried meats</td>
<td>- Processed snacks</td>
</tr>
</tbody>
</table>

**Good nutrition benefits you physically, mentally, and academically.**

**Truths about healthy eating**

- Diets that restrict major food groups are not sustainable for the long-term.
- The “right” diet is one that is balanced, has variety, and includes foods you enjoy.
- Your diet does not need a name to be healthy.

**Tips for healthy eating**

- Meet your needs, physiologically.
- Aim for whole foods whenever you can.
- Pack snacks and meals with you if you’ll be out and about all day.
Make the most out of your meal plan

Take time to understand your meal plan and what options are available to you at Sun Devil Dining

Tips for Healthy Dining Hall Choices:

- **Step out of your comfort zone** and try new types of cuisine and cooking styles!
- Eat a fruit and a vegetable with every meal
- Make a smaller portion of food and go back for more if you are still hungry. This prevents you from mindlessly eating or overeating and reduces food waste
- **Choose healthier proteins.** Eat leaner meats like chicken or fish, and pick meat that is grilled or baked rather than fried. Try meatless options such as beans, lentils, nut butter, nuts, soy and quinoa.
- **Limit foods with little nutritional value** - chips, candy, and ramen will not provide you with a lot of energy.
- Choose snacks that are high in fiber and protein for long lasting energy - peanut butter, yogurt, granola bars, fruits, nuts and whole grains like whole wheat bread, bagels, tortillas and crackers are great choices!
**Breakfast Tacos**

**Ingredients** (2 servings)
- 3 large eggs
- 3 taco shells
- 1 avocado
- 1 cup spinach
- 1 cup cheese
- 1/2 cup of salsa

**Directions**
1- Crack open the eggs and whisk the eggs in a microwavable bowl or cup
2- Cook for 45 seconds, then flip it over and cook for another 45 seconds
3- Mix the eggs with a spoon and place inside of a taco with a cut up avocado and spinach
4- Top it with salsa and cheese, then feast

---

**Breakfast Cookie**

**Ingredients** (1 serving)
- ½ medium banana
- 1 ½ tablespoons peanut butter
- ½ tablespoon honey (or agave)
- 1 tablespoon milk (regular or substitute)
- 4 tablespoons oats (rolled or quick oats *)
- 1 tablespoon raisins (seeds or nuts work)

**Directions**
1- In a large microwavable mug mash the banana well with a fork.
2- Stir in the peanut butter, milk and honey and mix well together.
3- Add in the oats and raisins and stir until combined.
4- Microwave for 45 seconds - 1 minute or until firm to the touch on top. (Cook time is based on my 1200 watt microwave so your timing may vary)

---

**Overnight Oats**

**Ingredients** (1 serving)
- 2 tablespoons chia seeds
- 1/3 cup of regular rolled oats (old fashioned oats)
- ¾ cup milk (soy, coconut and almond can be used)
- ¼ vanilla extract (not required but recommended)
- honey or maple syrup (for sweetness)
- fruits, nuts and cinnamon powder (optional)

**Directions**
1- Mix together ingredients in a bowl of your choice
2- Wait 10 minutes and stir again
3- Store in a cool place for at least 4 hours
4- Add in toppings of your choice and enjoy

---

**Microwave Omelet**

**Ingredients** (1 serving)
- 2 eggs
- 1 tablespoon milk
- toppings (can vary) ex. Cheese, ham, red peppers
- salt and pepper

**Directions**
1- Crack eggs into a mug, add milk and stir with fork until smooth
2- Microwave for 1 minute
3- Remove mug, add toppings and heat for 30 seconds
4- Add some salt and pepper and enjoy
**Turkey Bacon Ranch Pita Pizza**

**Ingredients (1 serving)**
- 1 slice turkey bacon
- 1 tsp dry ranch seasoning mix
- 2 tablespoons low-fat Greek yogurt
- 1 whole grain pita pocket
- ¼ cup reduced-fat cheddar cheese

**Directions**
1. Microwave a slice of turkey bacon (according to package directions) and crumble it into small pieces.
2. Mix a teaspoon of dry ranch seasoning mix with two tablespoons of low-fat Greek yogurt and spread it on to a whole-grain pita pocket.
3. Top the pita with the crumbled turkey bacon and a quarter cup of reduced-fat cheddar cheese.
4. Microwave until the cheese is melted.
5. Supplement some spinach and tomatoes for some added taste.

**French Toast**

**Ingredients (1 serving)**
- 1 slice of bread (cut into bite size squares)
- 1 teaspoon butter
- 1 egg
- 3 tablespoons of milk (milk substitutes work)
- 1-2 teaspoons cinnamon
- 3 tablespoons of honey or maple syrup

**Directions**
1. Gather 2 bowls and in one melt the butter in it, once done place the cut up slice of bread inside.
2. In the other bowl, add in the milk, cinnamon and cracked egg. Mix well.
3. Pour the mixture into the bowl of bread and let sit for a minute.
4. Microwave for 1-1:20 minutes.
5. Once done pour in the honey or maple syrup.

---

**Fried Rice**

**Ingredients (1 serving)**
- 1 cup rice (already prepared)
- ½ cup eggs (already prepared)
- ¼ cup cut up sweet potato or carrot
- ¼ cup spinach
- pinch of salt and pepper
- ¼ teaspoon garlic powder (optional)

Add additional vegetables for a better taste.

**Directions**
1. Cut sweet potato or carrot into bite sized pieces and microwave for 3-4 minutes.
2. Add rice into the cup along with spices.
3. Add eggs in and microwave for 30 seconds.
4. Let cool and dig in.

**Soft Bean Taco**

**Ingredients (1 serving)**
- 2 small flour or whole grain tortillas
- 1 can (15 oz) refried black or pinto beans
- ½ cup low fat cheddar cheese
- ½ cup salsa
- ½ cup salad or lettuce (chopped)
- ½ cup tomatoes (chopped)

**Directions**
1. Heat beans in a covered plate in the microwave for 40-50 seconds.
2. Heat the tortillas in the microwave for 20-30 seconds.
3. Spread beans onto each tortilla.
4. Top with cheese, lettuce, salsa and tomatoes.
5. Fold tortilla and enjoy.
Mac and Cheese

Ingredients (1 serving)
- 1 cup water
- ½ cup elbow macaroni
- ½ cup cheese of choice (recommend low fat cheddar)
- Add some chopped green peppers or steamed broccoli for more flavor

Directions
1- Put macaroni in mug and pour in water, microwave for 8 minutes
2- Pause at minutes 2 and 5 to stir and add more water if necessary
3- Cook until water is gone and pasta is tasty
4- Add cheese on top and stir (if the cheese doesn’t melt microwave for 30-50 seconds)

Baked Potato

Ingredients (1 serving)
- 1 large potato
- Choice of toppings
- 2-4 cooked beans
- 1/2 cup shredded cheese (cheddar or mozzarella)
- ½ cup steamed broccoli (chopped)
- 2 teaspoons sour cream

Directions
1- Prick holes into potato (front and back to release steam)
2- Bake potato for 4-6 minutes
3- Remove potato and cut it in half, mash the inside with the fork
4- Add desired toppings

If cheese is used, place in microwave for 30-40 additional seconds

Peanut Butter Balls

Ingredients (1 serving)
- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup chocolate chips
- 1/3 cup honey or agave nectar
- 1 Tbsp. chia seeds (optional)
- 1 tsp. vanilla extract

Directions
1- Stir all ingredients together in a medium bowl until thoroughly mixed.
2- Cover and let chill in the refrigerator for 30 minutes.
3- Once chilled, roll into balls of about one inch diameter.
4- Store in an airtight container and keep refrigerated for up to one week.

Makes about 20-25 balls.

Minestrone Soup

Ingredients (2 servings)
- 2 teaspoons olive oil
- 2 carrots, halved lengthwise and thinly sliced crosswise
- 1 red bell pepper (ribs and seeds removed), cut into 1/2-inch pieces
- 3 garlic cloves, thinly sliced
- 1/3 cup couscous
- 1 can (14.5 ounces) reduced-sodium chicken broth
- 2 tablespoons tomato paste
- 1 can (15.5 ounces) navy beans, drained and rinsed
- Coarse salt

Directions
1- In a 3-quart microwave-safe dish, place oil, carrots, bell pepper, and garlic; stir to coat. Cover and microwave on high for 5 minutes.
2- Add couscous, broth, tomato paste, navy beans, 1 cup water, and 1/2 teaspoon coarse salt. Cover; microwave on high until vegetables and couscous are tender, 5 minutes.
Did you know you can get 70 lbs. of fresh produce for only $12?

Produce on Wheels Without Waste is a project of the Borderlands Produce Rescue. P.O.W.W.O.W. provides access to fresh, healthy produce to Arizona communities for only $12.

Locations

ASU Polytechnic
6935 E. Williams Field Rd.
Mesa, AZ 85212

ASU Tempe
Parking Lot 59
Packard Dr./Rio Salado

ASU West
Northzone Lot 10
4701 W. Thunderbird Rd.
Glendale, AZ 85306

For dates, times, and additional information, please visit changemaker.asu.edu/programs/produce-rescue
Six ways to love your body exactly as it is now

Every body is a good body. Try these easy steps to start loving your body exactly as it is now!

Stop Fat Talk

Be conscious of continuous fat talk! Avoid phrases like “I look fat today” and “I would be so much happier if I lose 10 pounds.” If you don’t love your body now, chances are you won’t love it in 10 pounds time either. Nothing positive comes from fat talk. Instead, try phrases like “I am strong” and “I am beautiful just the way I am!”

Ability Not Weight

Focus your fitness goals on ability, not weight loss. Get excited when you hit your personal deadlift record, not when you hit a “goal weight”. Ditch the goal weight. Even better, stop weighing yourself altogether.

Self-Compassion

Find some mindful self-compassion exercises that you can do daily. Learn to take a step back and think, “would I treat a loved one like I treat myself?” If the answer is no, think about how you could be kinder to yourself.

Surround Yourself with Positive People

Evaluate the people in your life. Are they adding to the negative thoughts and comments about yourself? If so, cut them out. There is no need for anyone to tell you if you should gain or lose weight. Surround yourself with people who love you for you!

Stop Comparing Yourself to Others

If you find yourself constantly comparing yourself to other people, take a step back and love your body for what it is. Everyone has a different body with different abilities. Love your body for all that it does for you!

Don’t Wait

Stop putting your life on hold until you lose weight. Make a list of whatever you’re waiting until you’re smaller to do; the friends you’ll make, the clothes you’ll buy or the hobbies you’ll do. Whatever is on that list, don’t wait, do it now!
## Nutrition

**Today's Focus:**

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### Food Items/Meals

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<tr>
<th>Time</th>
<th>Food Items/Meals</th>
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### Time | Food Items/Meals

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**From 1–10, how do you feel physically?** ________________
Budgeting is an important part of successfully managing your financial expenses. Developing smart money habits now will help you to be financially responsible and independent, and can help you achieve future goals.
Cutting Expense Tips

- Take advantage of ASU student discounts and free or low-cost forms of entertainment on campus.

- Use public transportation, intercampus shuttles, or carpool to save money on gas, parking, and maintenance over time.

- Reduce or eliminate eating out or getting take-out - even buying coffee a few times each week adds up quick.

- Buy generic when you can, whether it’s food, cleaning products, medications, or personal hygiene products.

- Only keep subscriptions and memberships you really need and use.

- Think twice before purchasing non-essentials in favor of saving for larger financial goals.
A Student’s Guide to Budgeting

The 50/30/20 Rule

50% on necessities
30% on your wants
20% on financial goals

My approximate monthly income: $

50% of my monthly income (necessities): $

30% of my monthly income (fun/wants): $

20% of my monthly income (savings/goals): $

Consider:
- What is included in your “necessities”?
- What is included in your “wants/fun”?
- What are some of your financial goals? (saving for a trip, student loans, etc.)
- What changes can you make this week to move closer to the 50/30/20 model?
Substances of Use and Misuse

Staying on top of academic responsibilities, going out with friends, meeting new people, working, and taking care of daily needs are common priorities among college students. To support your success in these and other areas of your life, ASU promotes an alcohol-free, drug-free and tobacco-free university environment.
As a college student, you are faced with making many choices on a daily basis. All of our choices lead to different outcomes. When it comes to alcohol, tobacco and other drugs, it’s important to educate yourself with accurate information and understand the potential consequences of your choices to be able to make informed decisions.

**Low-risk drinking limits**

<table>
<thead>
<tr>
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<th>Maximum per day</th>
<th>Maximum per week</th>
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<tbody>
<tr>
<td>Men*</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td>Women*</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Over 65</td>
<td>3</td>
<td>7</td>
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<tr>
<td>Pregnant</td>
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*Based on the sex assigned at birth
Note: It takes the body 1-2 hours to process a standard drink.

**A standard drink**

Any drink containing about 4 grams of alcohol

- 12 oz. beer
- 8-9 oz. malt
- 5 oz. wine
- 1.5 oz. liquor

**If someone is unconscious...**

- **Call 9-1-1**
- **Wait for help to arrive.**
- **Answer their questions.**

Use the acronym STEP UP to remember the signs and symptoms of a medical emergency:

- S - Seizure
- T - Throwing Up
- E - Erratic or slow breathing
- P - Pale skin or cold and clammy
- U - Unconsciousness, semi-consciousness, disoriented
- P - Pinch the skin with no response

Express concerns without making judgmental comments:
- Use "I" statements
- Approach and listen with empathy
- Offer your support
- Encourage them to take online screenings
- Help them find resources

**Concerned about a friend’s substance use?**

**Be aware of changes in behaviors:**

- Drinking to get drunk, smoking to get high
- Missing class/not studying
- Losing interest in personal appearance, hobbies, friends, responsibilities
- Changes in personality
- Beginning to use additional drugs
- Violent behaviors or tendencies when drinking

For more information on alcohol, tobacco and other drugs, recovery and support, and ASU policies and procedures, please visit: [https://wellness.asu.edu/explore-wellness/body/alcohol-and-drugs/alcohol](https://wellness.asu.edu/explore-wellness/body/alcohol-and-drugs/alcohol)

**Source:** American College Health Association-National College Health Assessment: Arizona State University Spring 2019. Baltimore: American College Health Association; Spring 2019 (n=2,096).
Mindfulness

Mindfulness is the act of purposefully paying attention to what is going on now, in the present moment, with openness and willingness to fully experience the moment. Participating in mindfulness practices can reduce stress and anxiety while improving attention, focus and memory.
Calm breathing (sometimes called “diaphragmatic breathing”) is a technique that helps you slow down your breathing when feeling stressed or anxious. Newborn babies naturally breathe this way, and singers, wind instrument players, and yoga practitioners use this type of breathing.

**Why is calm breathing important?**

- Our breathing changes when we are feeling anxious. We tend to take short, quick, shallow breaths, or even hyperventilate; this is called “overbreathing”.

- It is a good idea to learn techniques for managing “overbreathing”, because this type of breathing can actually make you feel even more anxious (e.g. due to a racing heart, dizziness, or headaches).

- Calm breathing is a great portable tool that you can use whenever you are feeling anxious. However, it does require some practice.

- Like other anxiety-management skills, the purpose of calm breathing is not to avoid anxiety at all costs, but just to take the edge off or help you “ride out” the feelings.
Calm breathing involves taking smooth, slow, and regular breaths. Sitting upright is usually better than lying down or slouching, because it can increase the capacity of your lungs to fill with air. It is best to ‘take the weight’ off your shoulders by supporting your arms on the side-arms of a chair, or on your lap.

1. Take a slow breath in through the nose, breathing into your lower belly (for about 4 seconds).
2. Hold your breath for 1 or 2 seconds.
3. Exhale slowly through the mouth (for about 4 seconds).
4. Wait a few seconds before taking another breath.

About 6-8 breathing cycles per minute is often helpful to decrease anxiety, but find your own comfortable breathing rhythm. These cycles regulate the amount of oxygen you take in so that you do not experience the fainting, tingling, and giddy sensations that are sometimes associated with overbreathing.

Helpful Hints:

• Make sure that you aren’t hyperventilating; it is important to pause for a few seconds after each breath.
• Try to breathe from your diaphragm or abdomen. Your shoulders and chest area should be fairly relaxed and still. If this is challenging at first, it can be helpful to first try this exercise by lying down on the floor with one hand on your heart, the other hand on your abdomen rises as you fill your lungs with air, expanding your chest. (The hand over your heart should barely move, if at all.)
• You do not need to be feeling anxious to practice - in fact, at first you should practice while feeling relatively calm. You need to be comfortable breathing this way when feeling calm, before you can feel comfortable doing it when anxious. You’ll gradually master this skill and feel the benefits.
Affirmations and positive self-talk are powerful tools for increasing your self-confidence, motivation and productivity. You can utilize any of these affirmations alone or create your own unique combination based on your personal wishes and needs. Affirmations can be used before important events, as you’re getting ready to take on the day, or when you might need a boost of confidence.

I am grateful for all I have
I can do this
I can help someone else today
I am excited to learn something new today
If I fall I will get right back up
It is okay to ask for help
I am capable of being a great student
I create healthy balance in my life
I am worthy of forgiveness for my mistakes
I can create change
My ability to learn and grow is improving every day
I do not worry over things out of my control

What are some of your own positive affirmations?
Gratitude

Practicing gratitude is a way for us to be mindful of what we have and thankfully acknowledging the goodness in our lives, both tangible and intangible. Practicing gratitude regularly can make you happier, increase your self-esteem and improve relationships.
My Go-To Gratitude List

List what you are grateful for here. On difficult days, look back to the list to remind yourself of all the reasons you have to be grateful.
10 Minutes to Recognize the Good Stuff

Things, people, and places you adore:

One thing you’ve worked hard to achieve:

One thing that’s going well right now:

Two subjects or pursuits you’re passionate about:

Two people you can count on for warm hugs and kind words:

Three things to look forward to:
How will you **Build Your Best You?**

LiveWell@ASU empowers the Sun Devil community to achieve a healthy lifestyle in all areas of well-being - Live, Feel, Learn, Engage. Use the following pages to reflect - How will you Build Your Best You?
How will you **Build Your Best You?**

LiveWell@ASU empowers the Sun Devil community to achieve a healthy lifestyle in all areas of well-being - Live, Feel, Learn, Engage. Use the following pages to reflect - How will you Build Your Best You?
How will you **Build Your Best You?**

LiveWell@ASU empowers the Sun Devil community to achieve a healthy lifestyle in all areas of well-being - Live, Feel, Learn, Engage. Use the following pages to reflect - How will you Build Your Best You?
How will you **Build Your Best You?**

LiveWell@ASU empowers the Sun Devil community to achieve a healthy lifestyle in all areas of well-being - Live, Feel, Learn, Engage. Use the following pages to reflect - How will you Build Your Best You?
DIY Wellness

Download activity pages and learn more tips and tricks to live healthy and help you Build Your Best You!
Contact Information

Mary Lou Fulton Teachers College
education.asu.edu

Sun Devil Fitness Complex
fitness.asu.edu

Tempe 480-727-7802
Downtown Phoenix 602-496-7777
Polytechnic 480-727-1313
West 602-543-3488

Explore wellness at LiveWell@ASU at wellness.asu.edu

Student Rights and Responsibilities
eoss.asu.edu/dos/srr

Tempe 480-965-9170
Downtown Phoenix 602-496-0670
Polytechnic 480-727-5269
West 602-543-8152

Disability Resource Center
eoss.asu.edu/drc | (480) 965-1234 | DRC@asu.edu

Counseling Services
eoss.asu.edu/counseling | 480-965-6146

After-hours/weekends: Call EMPACT’s 24-hour ASU-dedicated crisis hotline at 480-921-1006

Addiction and Recovery Services
recoveryrising@asu.edu

Health Services
eoss.asu.edu/health/portal | (480) 965-3346

Sexual Violence Education and Prevention
sexualviolenceprevention.asu.edu
Meet with your Student Success Team!

Academic Coaches | Career Coach | Coordinated Care Specialist
Financial Coaches | Wellness Coach

For more information, please visit education.asu.edu/MLFTCSuccess or call the Office of Student Services front desk at 480-965-5555.

The Student Success Team can help you with...
Mary Lou Fulton Teachers College Student Organizations

**Teachers College Council**
**Tempe Campus**
The mission of the Teachers College Council is to enhance student life through programming, representation, and advocacy.
https://asu.campuslabs.com/engage/organization/teachers-college-council

**Teachers of the Future**
**West Campus**
The mission of Teachers of the Future is to promote the personal, professional, and social growth of education majors and students interested in education.
https://asu.campuslabs.com/engage/organization/teachers-of-the-future-w

**Emerging Educators**
**Polytechnic Campus**
Emerging Educators is a student organization based on service, leadership, and developing skills in networking and professionalism.
https://asu.campuslabs.com/engage/organization/emerging-educators

For more information on student organizations please visit the links in each box.
MLFTC WELLNESS RESOURCES

- **Simple Meals**
  - QR Code
  - [shorturl.at/tW267](shorturl.at/tW267)

- **Mug meals**
  - QR Code
  - [shorturl.at/cIKLZ](shorturl.at/cIKLZ)

- **IgnitED Lab**
  - QR Code
  - [https://wke.it/w/s/2KJb0s](https://wke.it/w/s/2KJb0s)

- **Mindfulness Resources**
  - QR Code
  - [shorturl.at/zBJNO](shorturl.at/zBJNO)

For additional MLFTC resources visit:
[sites.google.com/asu.edu/mlftc-current-resources](sites.google.com/asu.edu/mlftc-current-resources)

CONCERNED ABOUT A FRIEND?

Are you concerned for the well-being of another MLFTC student? Do you know another MLFTC student in need of extra support?

*The Student Success Team is here to help!* Just submit an S.O.S. S.O.S. stands for Supporting Our Students and is a simple online form which deploys our team.

Submit an S.O.S. using this link:
[links.asu.edu/mlftcSOSform](links.asu.edu/mlftcSOSform)
This order has been certified through PrintReleaf whom the ASU Print and Imaging Lab has partnered with to ensure we are sustaining and growing our global forestry system with each print job. This order alone has planted 47.14 trees into our global forests by using 3,918 lbs of paper.