

Sponsored by
Student Health
&
College of
Nursing and
Health Care
Innovation

Stall Street Journal

Created by:
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& Rebecca Saria,
Student Nurses

Relaxation Techniques

**Upcoming
Events:**
2/25-Heart
Healthy Cook
Off-Nutrition
Building Ga-
zebo lunchtime
Enter your fa-
vorite recipe/
taste others
ALL WELCOME

**DID YOU
KNOW?...**
Relaxation can
improve your
health and add
years to your
life!!

**Your Body will tell you
when it is stressed.**
Listen to your body and learn
to recognize the signs.

- Muscle tightness
- Sleeping difficulties
- Stomach pain
- Feeling tired

JOIN Student
Health &
Counseling
Advisory
Council :
Have your
say about
services on
campus!
2 hrs/mo
Email interest
to: student
healthcen-
ter@asu.edu

Relaxation Techniques to Try

- Listening to music
- Take a warm bath
- Sit in a comfortable chair and practice deep breathing
- Let your mind wander, daydream, do nothing!
- Massage

2/26-FREE
Hep B test-
ing/shots
FOR ALL
WILLIAMS
CAMPUS
Union Conf
Rm 10a-2p



For An Appointment or More Information Contact:

ASU Polytechnic Student Health Center: 7153 E. Thistle Ave.

Phone: (480) 727-1500 Appointments 9 a.m.-12:30 p.m. & 1-4:30 p.m.



