

From: University Marketing
Sent: Friday, May 24, 2019 8:40 AM
To: Employee Distribution List; isu-community-L@listserv.indstate.edu
Subject: ISU Today: Wellness workshop - Managing stress and anxiety



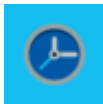
Friday, May 24, 2019

TODAY'S ANNOUNCEMENTS

[Wellness workshop: Managing stress and anxiety](#)

Raymond Contreras, physician assistant and assistant professor, will help you identify signs and adopt coping skills to manage stress and anxiety.

[READ MORE](#) →



[Indiana Black Expo booth volunteers needed July 19-21](#)

The exhibit hall is open Friday, July 19-Sunday, July 21. Volunteer time slots are first come, first served. Supervisor approval is needed to volunteer and travel is a departmental expense.

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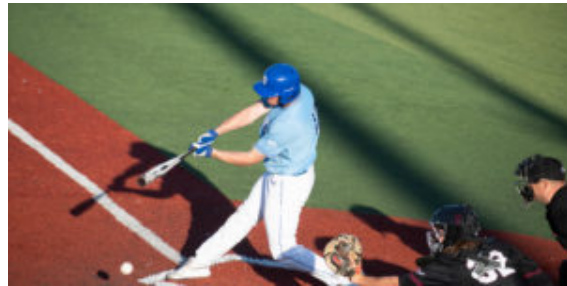
UPCOMING EVENTS

Mon
 May 27 **[Memorial Day; University Closed \(No Day or Evening Classes\)](#)**
 All Day

Tue
 May 28 **[University Opens; Classes Resume](#)**
 All Day

- Fri May
31 [Baseball NCAA Regionals](#)
9:00AM
- Mon
Jun 3 [New Student Orientation](#)
All Day
- Mon
Jun 3 [25th Annual President's Scholars Golf Outing](#)
11:00AM

VIEW
CALENDAR →



NEWSROOM

[Sycamores keep momentum going in classroom during 2018-19 academic year](#)

Indiana State student-athletes closed out the spring semester with a term and cumulative grade point average above a 3.0 for the 49th-consecutive semester as 65 percent of student-athletes earned a 3.0 or better.

[Sycamores attend professional economics conferences](#)

Nineteen students and three professors attended the Midwest Economics Association conference in St. Louis. Economics major David Drummond presented research at the Eastern Economics Association conference in New York.

[Indiana State Speaker Series announces 2019-20 season lineup](#)

Chairman of the Special Olympics, an FBI legend and Vietnam veteran-turned-NFL champion will present during this year's Indiana State University Speaker Series.

[State receives STARS silver rating for sustainability efforts](#)

STARS, the Sustainability Tracking, Assessment and Rating System, measures and encourages sustainability in all aspects of higher education.

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