Islanders Self-Care Checklist

Islanders know how important it is to practice self-care. Check the activities you do to recharge!

- Eat healthy meals
- Go on a 24-hr social media detox
- Find a quiet spot to meditate
- Enjoy some aroma therapy
- Try journaling & creative writing
- Do a gratitude list
- Practice deep breathing
- Exercise
- Listen to good music
- Catch up with a friend
- Visit a family member
- Read a book
- Spend time outdoors
- Have a mini pamper sesh
- Cuddle with a pet
- Take a trip to the beach
- Use campus resources
- Try something new

Make it a habit to take care of yourself.
We are here to help!

I-CARE
TAMU-CC On-Campus Resources

I-CARE
361-825-6219; University Center 206
icare.tamucc.edu

University Counseling Center
361-825-2703, Driftwood Building
counseling.tamucc.edu

University Health Center
361-825-2601, Sandpiper Building
healthcenter.tamucc.edu

Registered Dietician Services
361-825-2976; Dugan Wellness Center
recsports.tamucc.edu

Center for Academic Student Achievement (CASA)
361-825-5933; Glasscock Student Success Center
casa.tamucc.edu

Career Services
361-825-2628; University Center 306
career-services.tamucc.edu

Registrar’s Office
361-825-2624; Round Building
registrar.tamucc.edu

Disability Services
361-825-5816; Corpus Christi Hall Room 116
disabilityservices.tamucc.edu

University Police Department
361-825-4444; Physical Plant Building
police.tamucc.edu

Student Conduct and Advocacy
361-825-6219; University Center 206
oads.tamucc.edu

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”
– Deborah Day

Off-Campus Resources

Texas Health and Human Services
Dial 2-1-1
211texas.org

The Purple Door
Violence and Sexual Assault Shelter & Services
361-881-8881
purpledoortx.org

Bayview Behavioral Hospital
361-986-8200
bayviewbehavioralhospital.com

Nueces Center for Mental Health and Intellectual Disabilities
361-886-6900 or 1-888-767-4493 (24/7 Crisis Hotline)
ncmhid.org

Crisis Text Line
Text HOME to 741-741
crisistextline.org

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
suicidepreventionlifeline.org

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”
– Unknown