

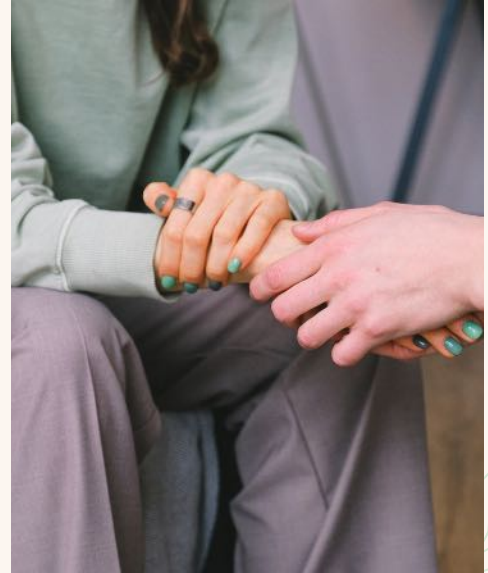
Mindful Moments

Horry Georgetown Technical College

Counseling Services

April 2024

Happy Spring students, staff, and faculty! Welcome to Mindful Moments, a monthly newsletter from HGTC Counseling Services that provides you with information on upcoming events, news, and helpful coping skills and mindfulness exercises you can incorporate into your day to day to increase your mindfulness and overall well-being! Continue to join us here monthly to be up to date on HGTC and community mental health events while learning some new mindfulness tips!



Join Us At The HGTC Annual
MENTAL HEALTH & WELLNESS FAIR
Take some time to practice mindfulness, learn about services and resources in the area, and increase your mental well-being. HGTC is also focused on our students' overall wellness; there will be yoga practitioners, healing workers, and wellness-focused companies to provide you with a wealth of wellness knowledge.

April 15-17

Monday, April 15 | Georgetown
Fred Fore Pavilion, 10:30 am -12 pm

Tuesday, April 16 | Grand Strand
Front of Building 200, 10:30 am -12 pm

Wednesday, April 17 | Conway
Front of Building 300, 10:30 am -12 pm

FREE FOOD!
No Registration Required.

More Information:
counseling@hgtc.edu
or 843-347-3657.

CAP
THE CENTER
For Counseling & Wellness

LifeCare Counseling

LIGHTHOUSE
Counseling Group

OCEANIC
Counseling Group

HORRY GEORGETOWN TECHNICAL COLLEGE
There's More.

HGTC Annual Mental Health & Wellness Fair

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Stress Awareness Month

April has been recognized as Stress Awareness Month for many years, since 1992 in fact. Though this year and every year that passes after COVID-19, it becomes increasing more vital to bring awareness to outreaching effects of stress. Stress can cause a host of symptoms such as difficulty concentrating, irritable mood, strained relationships, physical pain or tension, headaches, and the list goes on. Learning healthy ways to cope with stress along with proper care and support and reduce the effects of stress over time.

If you're feeling the effects of stress and need support, please contact Counseling Services at counseling@hgtc.edu or 843-349-3657

April is also Sexual Assault Awareness Month

South Carolina Coalition Against Domestic Violence and Sexual Assault (SCCADVASA) will be highlighting actions & choices that can help prevent sexual violence. They will be focusing on topics such as respect, open communication, boundaries, and bystander intervention. Please visit levelupforchange.org or sccadvasa.org for more information & how to get involved.



Mindful Moments? "The Five Senses Exercise"

When we think of practicing our mindfulness skills, we often think of meditating, yoga, or being in some sort of Zen state of mind. But how do you practice mindfulness when you're on the go and don't have a quiet place to retreat? This is where the "The Five Senses" exercise can be very useful! This exercise can be utilized to practice mindfulness in practically in situation and is effective and quick skill to bring ourselves back to the present moment!

5

Look around you and name 5 things you can see. Try to look for things you dont normally see such as cracks in the sidewalk or a bug on a leaf.



4

Be aware of and name 4 things you can currently feel. Take note of things such of the feeling of you shirt, the way chair feels on your legs, etc.



3

Be mindful of 3 things you can hear right now. Listen to sound the lead in your pencil on paper, the bird chirping in tree, the hum of your computer.



2

Now, bring your awareness to 2 things you can smell that maybe you wouldn't always notice. Good or bad smells such as the spring flowers or fumes of a truck passing.



1

Lastly, bring your awareness to something you can taste in this moment. This can be the gum in your mouth, noticing the current taste in your mouth, or take a sip of drink.

