

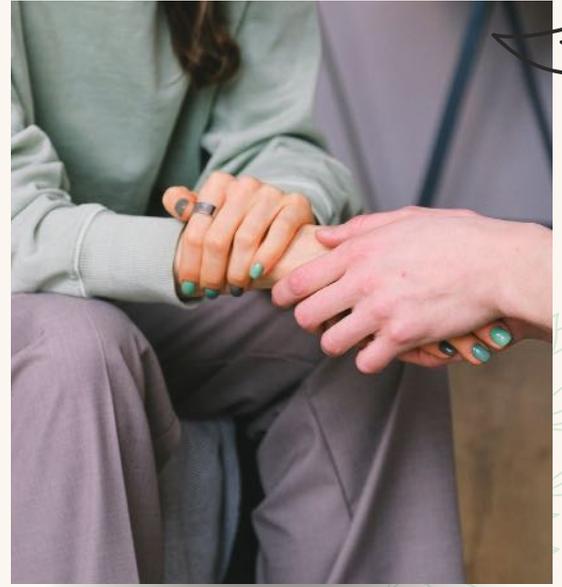
# Mindful Moments

Horry Georgetown Technical College

Counseling Services

May 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!



## HGTC Walk for Mental Health Awareness

HGTC Human Resources as part of the 2024 Wellness Series invites you to join us as we walk for mental health awareness month. Please join as us in walking to promote mental health awareness and reducing the stigma around reaching out for help or guidance. Please see below for dates, times, and locations! Wear green & show your support!



*Conway: Monday, May 20th*

Meet in front of Building 100 at 11 am



*Grand Strand: Tuesday, May 21st*

Meet in front of Building 200 at 11 am



*Georgetown: Wednesday, May 22nd*

Meet in front of Building 100 at 11 am

HGTC Human Resources  
2024 WELLNESS SERIES

## MAY IS MENTAL HEALTH AWARENESS MONTH

Join us as we walk for mental health awareness.  
Wear green and show your support.

**CONWAY CAMPUS**  
Monday, May 20  
Meet in front of Building 100 at 11am.

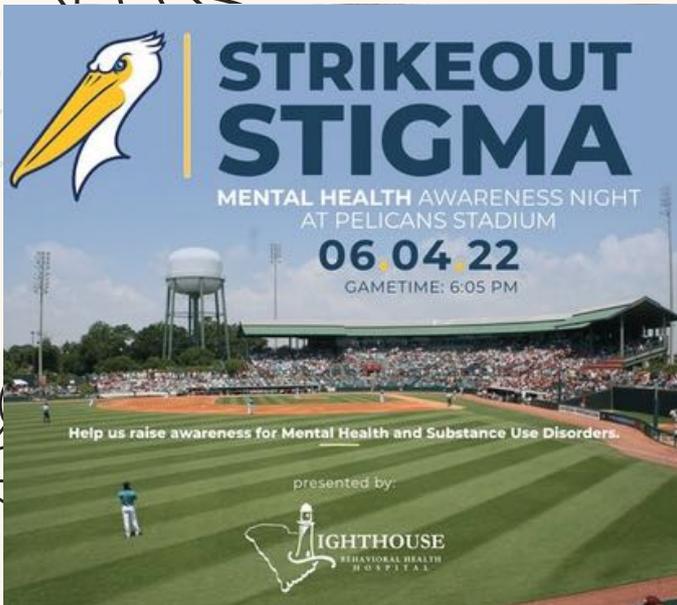
**GRAND STRAND CAMPUS**  
Tuesday, May 21  
Meet in front of Building 200 at 11am.

**GEORGETOWN CAMPUS**  
Wednesday, May 22  
Meet in front of Building 100 at 11am.

Please schedule a counseling appointment by emailing: [counseling@hgtc.edu](mailto:counseling@hgtc.edu)

## Strikeout Stigma

### *Mental Health Awareness Night at Pelicans Stadium*



May is Mental Health Awareness Month! Please join the Myrtle Beach Pelicans at the Fourth Annual "Strikeout Stigma" Mental Health Awareness Night presented by Lighthouse Behavioral Health Hospital on 5/18/24 at 6:00 pm. The purpose of this event is to help raise awareness for mental health and substance use disorders, tickets start at \$17 per person, with a portion of the proceeds benefiting Fostering Hope and their mission to provide basic necessities for children in crisis situations.

Please visit the Myrtle Beach Pelicans website for more information & to purchase tickets:  
<https://www.milb.com/myrtle-beach/tickets/promotions>

## Mental Health America

### *Where to Start: Mental Health in a Changing World.*

Mental Health America was founded in 1949 with the hopes of breaking the stigma around mental health, bringing awareness to the issue every year in the month of May. Mental Health America's 2024 Mental Health Month toolkit provides free, practical resources, such as information about how the changing world impacts mental health, how to build coping skills, and where to start finding help for mental health challenges.

For more information please visit: <https://www.mhanational.org/mental-health-month>



## Mindful Moments "Abdominal Breathing"

Mindfulness is the practice of observing your experience in a nonjudgmental, empathic, and accepting manner. In essence, mindfulness is simply being present to your human experience from moment to moment. Mindfulness is about being present to your external world, as well as your inner world-- your thoughts, emotions, and physical sensations. One of the first things to remember about mindfulness is that it is a practice, it is not something you complete or finish, rather something you continue to practice daily.

Breathing mindfully or abdominal breathing is a great way to begin practicing mindfulness!

To begin, lie down on your back, close your eyes, and place one hand on your chest and one hand on your belly. Start taking slow breaths, breathing deeply to the bottom of your lungs...the goal is to breathe deeply with your belly rising and the chest staying relatively still. One trick if you find it difficult to keep your breathing low is to gently push on your belly with your hand! Once you find your rhythm, start to observe your breathing...Is the air cool or warm as it enters your nose...Does the air cool as it goes to the back of your throat...Can you feel your lungs expand with fresh air? Finally, add a phrase, intention, or mantra; For example, as you breathe in you might say "Live this moment" or "I only have this moment". You can use any word or short phrase that is meaningful to you.

Understand that mindful breathing or abdominal breathing will take time to become proficient, consistency is key to receiving the benefits. Do understand that your mind will wander, and it is completely natural, it does not mean you are bad at it, it simply means you need more practice. When random thoughts begin to intrude, simply start over, establish a smooth/consistent rhythm, notice sensory details, and repeat your mantra. Practice breathing mindfully twice a day for a week, you will most likely notice changes to your mood and thoughts!