

# Mindful Moments

Horry Georgetown Technical College

Counseling Services

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Hello 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!

## Mental Health and Love

Did you know that relationships affect mental health and play a huge role in your mental well-being? It is important to always take a step back from relationships to reflect whether the relationship is uplifting or draining. A healthy relationship can reduce stress and even promote life satisfaction. On the other hand, an unhealthy relationship can induce feelings of anxiety and depression. It is important to take a step back and ask yourself "how is my relationship making me feel?"



## Love Languages

With Valentine's Day occurring in February, we thought this would be a great time to discuss Love Languages. Love Languages are a fascinating phenomenon in which explains how we like to give and receive love. There are 5 different types: words of affirmation, quality time, receiving gifts, physical touch, and acts of service. These love languages aren't always romantic as they can describe how you give and receive love from friends and family as well. Our "Mindful Moment" of the month below outlines each Love Language. There is no right or wrong love language. Please read below to find out which you are. It is also fun to ask partners, friends, and family what their love language is as well!



## Virtual Counseling through BetterMynd






BetterMynd is an online mental health platform that partners with colleges and universities to provide students with access to mental health counseling services. At Horry-Georgetown Technical College (HGTC), BetterMynd offers students a free, convenient, and confidential way to receive support from licensed mental health counselors, along with a variety of mental health and well-being workshops! BetterMynd offers both a variety of counselors you can choose from and flexibility to schedule sessions outside of the colleges regular operating hours (evenings and weekends). By integrating BetterMynd into its student services, HGTC demonstrates its commitment to supporting the mental health and well-being of its students. This partnership ensures that students have the resources they need to succeed both academically and personally!



Please email [counseling@hgtc.edu](mailto:counseling@hgtc.edu) to sign up!

## Mindful Moments

### Love Languages

Which love language?	How to communicate it to someone	Actions to take	Things to avoid
<b>Words of affirmation</b> 	Encourage, appreciate and listen actively.	Send and unexpected note, text or card.	Not recognizing or appreciating effort.
<b>Physical touch</b> 	Non-verbal use of body language and touch to show love.	Hugs, kisses, cuddling.	Physical neglect or abuse.
<b>Receiving gifts</b> 	Thoughtfulness. Make them a priority.	Give thoughtful gifts and gestures. Express gratitude when receiving gifts.	Unenthusiastic give receiving, forgetting special occasions.
<b>Quality time</b> 	Uninterrupted and focused conversation. One-on-one time is important.	Create special moments, take walks and do small things together.	Distractions when spending time together. Long time without one-on-one time.
<b>Acts of service</b> 	Let them know you are wanting to help, lighten their load.	Make them breakfast or dinner. Go out of your way to help with chores.	Lacking follow-through on small and large tasks.