

# Mindful Moments

Horry Georgetown Technical College

Counseling Services

August 2024

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!



## Fall Semester Begins!

Welcome new and returning students!! As fall semester approaches, we want to ensure that all students are aware of the free mental health resources available to them! Here at HGTC, we not only want to support your academic needs, but also your mental health needs as well. We understand that life doesn't stop when you decide to take this tremendous step in your education. Often times, our personal lives can impede our ability to focus on our studies. HGTC offers free counseling sessions to all enrolled students both in-person and virtually! Our in-person counselor can meet you at any of HGTC's campuses by appointment!



To make an in-person or virtual appointment, please email [counseling@hgtc.edu](mailto:counseling@hgtc.edu)

## 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 "Alternate Nostril Breathing"



Alternate Nostril Breathing is a yogic breathing technique that involves breathing through one nostril at a time while keeping the other nostril closed. This practice is known for its calming and balancing effects on the mind and body. This technique helps activate the parasympathetic nervous system, promoting relaxation and reducing stress. Alternative nostril breathing can enhance mental clarity and focus, improve lung function and respiratory efficiency, as well as promote mindfulness! Follow this step-by-step guide to practice:

- 1.) Position your right hand by bending your pointer and middle fingers into your palm, leaving your thumb, ring finger, and pinky extended.
- 2.) Close your eyes or softly gaze downward.
- 3.) Inhale and exhale to begin.
- 4.) Close off your right nostril with your thumb.
- 5.) Inhale through your left nostril.
- 6.) Close off your left nostril with your ring finger.
- 7.) Open and exhale through your right nostril.
- 8.) Inhale through your right nostril.
- 9.) Close off your right nostril with your thumb.
- 10.) Open and exhale through your left nostril.
- 11.) Inhale through your left nostril.

Alternate Nostril Breathing is a simple yet powerful technique that can be incorporated into your daily routine to help manage stress and improve overall well-being!