

Mindful Moments

Horry Georgetown Technical College

Counseling Services

December 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!

Mental Health and The Holidays

The holidays can be a difficult time to be “merry and bright” for multiple reasons. Whether you are coping with loss, managing holiday stress, or overstimulated from all this season entails, please remember to reach out to a mental health professional if the stress becomes too much or interferes with your daily life. It is somewhat normal to experience different emotions this time of year, but we would like to remind our students to be mindful of how this season impacts your mental health.



Dec. 20th - Jan. 3rd: Winter Break

We hope our students take the break to relax and unwind after a wonderful Fall semester. Take this time to reconnect with friends and family and to recharge to begin the Spring semester strong! As always, please reach out to counseling@hgtc.edu if you find yourself struggling and in need of our services.

Enjoy Your Winter Break!



Happy Holidays!

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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 to sign up!



Mindful Moments



Holiday Reminders:

hello December
remember its ok to:



be
tired



say
no



be
yourself



have a
good time



make
mistakes