

# 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!



## Happy Independence Day!



Happy 4th of July students, staff, and faculty! We here at HGTC want to take a moment to recognize and celebrate this national holiday, and the birth of the United States! In observation of Independence Day, the college will be closed on the 4th. Please take this time to celebrate our shared heritage, foster national pride, and come together to honor the United States' history, democracy, and freedoms we have today!



## Minority Mental Health Month

Minority Mental Health Month, observed in July, is dedicated to raising awareness about the mental health challenges faced by minority communities. This observance aims to highlight the unique factors that impact the mental well-being of racial and ethnic minorities, and to promote equitable access to mental health resources and support. This month focuses on educating the public about specific mental health issues that affect minority groups, such as cultural stigma, access to care, discrimination & racism, language barriers, and much more. Please join us in celebrating Minority Mental Health Month to reduce stigma, increase awareness and education, and promote access to mental health resources!



Progressive Muscle Relaxation is a technique designed to help you relax by tensing and then slowly relaxing different muscle groups in your body. Practicing progressive muscle relaxation regularly can help you manage stress, reduce anxiety, and improve your overall sense of well-being. Give it a try and see how it works for you! Here's a step-by-step guide to practicing PMR:

**Find a Quiet Place:** Choose a comfortable, quiet spot where you won't be disturbed. You can lie down or sit in a comfortable chair.

**Get Comfortable:** Loosen any tight clothing and remove your shoes. Rest your hands in your lap or on the arms of the chair.

**Start with Deep Breathing:** Take a few slow, deep breaths. Inhale deeply through your nose, hold for a few seconds, and then exhale slowly through your mouth. Repeat this a few times to help you relax.

**Tense Each Muscle Group:** Starting from your feet and working your way up, tense each muscle group for about 5-10 seconds. For example, start by curling your toes tightly, then release. Move to your calves, thighs, abdomen, chest, arms, and so on. Make sure to tense the muscles firmly but not to the point of pain or cramping.

**Relax and Breathe Out:** As you release the tension, exhale slowly and feel the muscles relax. Notice the difference between the tension and relaxation.

**Progress Through Muscle Groups:** Continue this process, moving up through your body. Pay attention to each muscle group and take your time.

**End with a Body Scan:** Once you've gone through all the muscle groups, take a moment to scan your body for any remaining tension. Breathe deeply and enjoy the feeling of relaxation.

**Reflect on Your Experience:** After finishing, take a few moments to reflect on how your body feels. Notice any changes in your level of tension and relaxation.

Pro-Tip: Practice progressive muscle relaxation at night, laying down in bed, and right before you go to bed. Progressive muscle relaxation can help you have restful night's sleep along with reducing anxiety and tension!