

Mindful Moments

Horry Georgetown Technical College

Counseling Services

November 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!

November is National Gratitude Month!

November marks a month-long celebration of giving thanks and practicing gratitude. Not only is it National Gratitude Month, but we also celebrate Thanksgiving during this time. Practicing gratitude has amazing health benefits by allowing us to focus on the positives in our lives rather than the negatives. Start practicing gratitude this month and reflect on how this simple task can transform your mindset!



November 25th-29th: Fall Break

Fall Break for HGTC students is November 25th-29th. We hope this time allows for our students to enjoy time with their friends and family and to recharge to finish out the Fall semester strong. Take this time to practice gratitude. As the holiday season approaches, we recognize this may be a challenging time for some of our students. Please feel free to reach out for help at counseling@hgtc.edu. We hope our students enjoy the upcoming break and return ready to take on the rest of the semester! Don't forget, we are here for you and thankful for each of you!



FALL BREAK

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?

Practicing Gratitude



Ways to Practice Gratitude

-  Make a Gratitude Jar
-  Smile
-  Give a Complement Each Day
-  Keep a Gratitude Journal
-  Volunteer
-  Write Thank You Notes
-  Call a Friend to Say Hi