

# Mindful Moments

Horry Georgetown Technical College

Counseling Services

October 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!

## October 10: World Mental Health Day

World Mental Health Day occurs on October 10th every year. The focus of World Mental Health Day is to bring about awareness of mental health and to encourage everyone to check in on friends, family, peers, and/or colleagues. This year's theme was set by the World Federation of Mental Health and is "it's time to prioritize mental health in the workplace." We encourage students to recognize the importance of mental health and to reach out for help if needed.



## Mental Health and Wellness Fair

We will be hosting a Mental Health and Wellness Fair in October. This semester's theme is "Scare Away Stigma." Your mental health and wellness is important to us so we are "scaring away stigma" by bringing our community partners to all three campuses that can help facilitate your overall well-being. More information will be coming soon but for now save the date for the following days from 11:30a-2pm for the nearest Mental Health and Wellness Fair:

- Grand Strand: Tuesday, October 29th
- Georgetown: Wednesday, October 30th
- Conway: Thursday, October 31st

## 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

Self-Care Tips



## 18 mental health activities for effective self-care

1. Exercise
2. Spend time in nature
3. Do some gardening
4. Start Journaling
5. Practice deep breathing
6. Drink coffee or tea
7. Take hot or cold bath
8. Grab a book
9. See a friend
10. Talk to a therapist
11. Do something new
12. Clean or organize
13. Get a massage
14. Play with a pet
15. Meditate
16. Do some art
17. Laugh!
18. Practice gratitude

