

Mindful Moments

Horry Georgetown Technical College

Counseling Services

September 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!

Suicide Prevention Month

September is Suicide Prevention Month. Suicidal thoughts can affect anyone regardless of age, gender, or background. Warning signs of suicide include increased alcohol and drug use; aggressive behavior; withdrawal from friends, family, and community; dramatic mood swings; and impulsive or reckless behavior. If someone you know is thinking about suicide call the 988 hotline or head to your local Emergency Room.



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 to sign up!



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Guided Imagery: "A Calm Place"



"Bring to mind a place that you have either been or would like to go to that is very peaceful and very calm. Often, people pick a place in nature ... somewhere that you would either like to go or that you have been that feels settling and calming. When this place is clear in your mind's eye, fire up your five senses, and in your mind's eye, look around this place and see the landscape. See the colors, the textures. Notice if the sun is shining or if it is shady, becoming aware of what you would see as you look around.

Next, bring awareness to the sounds you would hear ... the sounds that are close up and the sounds that you would hear at a distance. Take in any scents and smells that are in this calming place.

Next, I'd like you to take a moment and imagine what this place would feel like on your skin. Are you in the sunlight? Or shade? Is it warm, humid? Or is it cool and brisk? Is it windy? So just take a moment to imagine what it would feel like to be in this place.

And now, I'd like you to just take another moment to absorb anything else that feels particularly calming and soothing from this calm place.

And we'll close this practice with three soothing inhales and exhales."