

MINDFUL MOMENT COUNSELING NEWSLETTER

Happy Mid-March students and faculty! I hope everyone is beginning to enjoy the start of some spring weather and looking forward to a well-deserved spring break! As spring break and finals are approaching, I wanted to introduce myself and let you know about the opportunity for in-person counseling. Our monthly newsletter will also include upcoming events and share some quick “Mindful Moment” techniques that we could all incorporate into our lives to be more present and mindful of ourselves, our environments, and others!

1. MEET YOUR COUNSELOR



Hello! My name is Samantha McDonough, and I am a Licensed Master Social Worker and the new Professional Counselor here at HGTC. I am so excited to join the outstanding HGTC community, I can already feel the energy, passion, and uplifting environment of this college. Just a little bit about me...I am a born and raised local to the Grand Strand community. I attended the St. James Schools (elementary, middle, and high), and took advantage of the wonderful PACE program here at HGTC. I then attended College of Charleston, obtaining my undergraduate degree in Psychology, followed by obtaining a Master of Social Work from Winthrop University. I have spent much of my career in the private practice therapeutic environment, working with clients who experience anxiety, depression, adjustment disorders, panic attacks, and many other presenting concerns. I'm looking forward to empowering each and every one of you to be the best version of yourself...remember “There is only one of you on this planet, so be bold, be kind, and be uniquely YOU”!

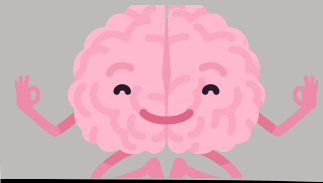
2. HOW CAN I HELP YOU?

I strive to be accessible to you students and faculty, being of assistance in any way I can! I will be available to the student body Monday-Thursday by appointment, 8:30am-5pm. I will be available to meet in-person or virtually on all three campuses, based on your needs and preferences (sessions are approximately 50 minutes). We are excited to announce that Drop-In hours are now available to speak with the counselor without an appointment on the Conway campus from 10 am- 12pm on Tuesdays and the Grand Strand campus from 10 am-12 pm on Wednesdays. Drop-In times will be for 20 minutes and on a first come first serve basis. Appointments will be the best way to guarantee we have ample time to address your needs. Appointments can be made via email at counseling@hgtc.edu or by phone at 843-349-3657.



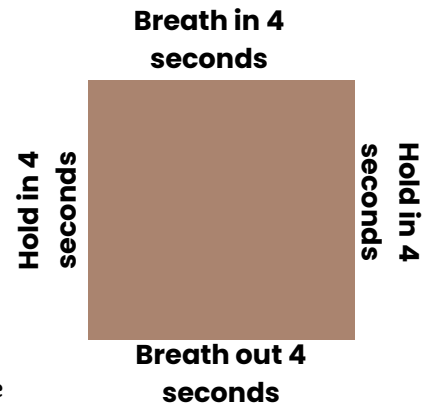
3.

MINDFUL MOMENT "BOX BREATHING"



From time to time, we all will experience some form of anxiety. Anxiety often ignites our sympathetic nervous system, activating the "fight or flight" response, which increases our heart rate, breathing, chest tightness, sweating, and the list goes on!

One technique that can be used to combat the "fight or flight" response, is a breathing technique called Box Breathing. To begin, draw a square box on a sheet of paper. Take your finger and place it on top left corner of the box, begin dragging your finger across the top line, breathing in through your nose for 4 seconds. As you reach the corner, begin dragging your finger down the right side of square, holding your breath for 4 seconds. Then as you reach the bottom right corner, drag your finger across the bottom of the square, breathing out through your mouth for 4 seconds. Lastly, as you drag your finger along the left side of the square, hold your breath again for 4 seconds. Repeat this 3-4 times until you notice calmness begin to be present in the body. Taking small moments to be mindful and aware of how the body and mind are connected can aid in overall wellbeing and reduce stress/anxiety symptoms!



4.

UPCOMING EVENTS



The Office of Student Development is excited to announce the Annual Mental Health & Wellness Fair which will be held in April 2024. This is an exciting event, where students and faculty can take some time to be mindful, present, and focus on the inner self as finals are approaching. There will be FREE food, beverages, and most importantly an abundance of essential information on the organizations that serve our community focusing on our mental health, wellness, and overall well-being. The Mental Health & Wellness Fair will be from 10:30-12pm on April 15th at Georgetown, April 16th at Grand Strand, and April 17th at Conway. We hope you to see you all there, taking a moment to ground yourself and be mindful of your mental health needs!

FOR MORE INFORMATION,
PLEASE CONTACT
VIA EMAIL

counseling@hgtc.edu

