

# Mindful Moments

Horry Georgetown Technical College

Counseling Services

March 2025

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!

## Meet Your New Counselor: Katelynn Hine

Hi everyone, my name is Katelynn Hine, and I am a Licensed Professional Counselor Associate (LPCA) and the new Professional Counselor here at HGTC. I am born and raised in Myrtle Beach. I attended USC-Beaufort receiving my Bachelor of Arts degree in Psychology and then received my Master of Arts degree in Clinical Mental Health Counseling from UNC Charlotte campus. During my time at UNC Charlotte, I interned at Winthrop University in the Counseling Services department where I worked with college students addressing their mental health concerns. Since graduating, most of my career has been in private practice working with a wide variety of clients. I am looking forward to being back on a college campus helping lifelong learners work through mental health concerns. I am ready to assist you in your journey and am available to schedule appointments, on any HGTC campus or virtually, Monday-Thursday from 8am to 3pm. I am so excited to join the HGTC community!



## Springing Forward

As a reminder, the time changes (again) on March 9th, 2025. On this day, we will "spring forward," and essentially, it feels like we lose an hour of sleep. Many individuals struggle with the time change and find it difficult to maintain their regular sleep schedule. We would like to highlight the importance of sleep hygiene during time changes. You will find important tips to maintain sleep hygiene featured in our "Mindful Moment" of the month. While the time change can seem inconvenient, we do gain more hours of sunlight. This can be helpful for those that suffer from Seasonal Affective Disorder (SAD). We encourage students to take advantage of the extra hours of sunlight, and take a walk outside to improve your mental health and wellness!



Daylight Saving Time  
SPRING FORWARD

## 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

### Sleep Hygiene

