

# Mindful Moments

Horry Georgetown Technical College  
Counseling Services August 2025

Welcome to Mindful Moments—a monthly newsletter from HGTC Counseling Services. This newsletter will keep you informed about upcoming events, important news, and helpful mental health tips.

Each issue will include easy-to-use coping skills and mindfulness exercises that you can add to your daily routine. These tools are designed to support your well-being and help you stay present throughout the day.

Be sure to check in with us each month to stay updated on mental health events at HGTC and in the community—and to discover new ways to care for your mind and body.

## WELCOME BACK, GATORS!

Welcome back to a new semester at Horry Georgetown Technical College! As you begin this new semester, we want to remind you that your mental health is important. College can be a time of growth, but it can also bring stress, worry, or challenges—and that is okay. You are not alone. This newsletter is here to support you. We will share simple tips, helpful tools, and resources to guide you through the semester. Whether you are feeling overwhelmed, need someone to talk to, or want to build healthy habits, we are here to help. Taking care of your mental health is a sign of strength. Let's work together to make our campus a safe and supportive space for everyone.



Illustration of a young woman studying with books, pens, and notes on the desk. Symbols above her head represent ideas, thinking, and learning.

## Welcome Back!



Welcome Back! Graphic showing educational icons emerging from an open book, including a globe, pencil, calculator, diploma, and graduation cap.

## Mental Health Tips for a New Semester

### Tips for Mental Health at the Start of the Semester:

- **Make a routine:** Try to wake up, eat, study, and go to bed at the same times each day. A routine helps your mind and body feel more balanced.
- **Stay organized:** Write down your class times, homework, and test dates in a notebook, calendar, or phone. This helps you remember what's coming up.
- **Ask for help:** If school feels stressful, talk to someone. You can ask a teacher, counselor, or staff member. You are not alone.
- **Take care of yourself:** Do something each day that helps you relax. This could be going for a walk, listening to music, deep breathing, or writing in a journal.
- **Talk to others:** Spending time with classmates, friends, or student groups can help you feel more connected and supported.
- **Be kind to yourself:** It's okay if everything isn't perfect. Starting a new semester or school year takes time. Try your best, and give yourself credit for small wins.

## HGTC Counseling Options

### Mental Health Counseling Options at HGTC:

At Horry-Georgetown Technical College (HGTC), we offer two options for mental health counseling and support: virtual counseling and in-person counseling.

#### Virtual Counseling with BetterMynd

We partner with a service called BetterMynd to offer online mental health counseling. BetterMynd is a secure, confidential platform that connects students with licensed mental health counselors. This service is free for HGTC students. You can choose a counselor who fits your needs and schedule appointments during the day, in the evening, or on weekends. BetterMynd also offers wellness workshops to help you learn new skills and manage stress.



Logo for BetterMynd showing a stylized blue human head with green and blue circles above it, symbolizing thoughts or ideas. The word "BetterMynd" is written below the head in white letters.

#### In-Person Counseling at HGTC

If you prefer to meet with someone on campus, HGTC also offers in-person counseling. Our licensed counselor, Katelynn Hine, is available to support students directly.

To learn more about Katelynn and in-person counseling services, please visit:

[https://www.hgtc.edu/current\\_students/counseling/index.html](https://www.hgtc.edu/current_students/counseling/index.html)

Please email [counseling@hgtc.edu](mailto:counseling@hgtc.edu) to sign up!



A smiling woman with shoulder-length brown hair and glasses poses in front of a colorful, circular patterned tapestry. She wears a teal shirt.



## Mindful Moments

### Alternate Nostril Breathing



#### Alternate Nostril Breathing

Alternate Nostril Breathing is a yogic breathing technique. It involves breathing through one nostril at a time while keeping the other nostril closed. This practice is known to calm and balance the mind and body. This technique activates the parasympathetic nervous system, which helps you relax and reduce stress. It can also improve mental clarity and focus, enhance lung function and breathing efficiency, and promote mindfulness.

Follow these steps to practice Alternate Nostril Breathing:

1. Position your right hand by bending your pointer and middle fingers into your palm. Leave your thumb, ring finger, and pinky extended.
2. Close your eyes or softly gaze downward.
3. Take a normal inhale and exhale to begin.
4. Close your right nostril with your thumb.
5. Inhale slowly through your left nostril.
6. Close your left nostril with your ring finger.
7. Open your right nostril and exhale slowly through it.
8. Inhale slowly through your right nostril.
9. Close your right nostril with your thumb.
10. Open your left nostril and exhale slowly through it.
11. Inhale slowly through your left nostril.

**Repeat the cycle as desired.**

