

Mindful Moments

Horry Georgetown Technical College
Counseling Services December 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.

Post Exam Peace

For college students, the holidays often arrive right after the intense push of finals, making it a time of mixed emotions—relief, exhaustion, and sometimes stress or uncertainty. After weeks of late nights and high pressure, your mind and body need time to wind down, and that transition doesn't always happen instantly. It's okay if it takes a while to relax or if you don't feel immediately "recharged." Using the break to rest, reconnect with supportive people, and do things you enjoy can help restore balance. Remember that taking care of your mental health after exams isn't unproductive—it's an important part of resetting and preparing for the semester ahead.



A smiling snowman wearing a brown hat and yellow scarf stands in a snowy field at sunset.



A marshmallow snowman floats in a mug of hot cocoa with warm, blurred holiday lights in the background.



Holiday Self-Care Challenge

Holiday Self-Care Challenge (College Student Edition)

Try one small thing each day—no pressure to be perfect. Do what feels right for you.

- Day 1: Rest Reset – Sleep in, take a nap, or go to bed early without guilt.
- Day 2: Digital Detox Lite – Log off social media for a few hours and notice how your mind feels.
- Day 3: Move Gently – Stretch, take a walk, or do light movement just to feel present in your body.
- Day 4: Do Something Just for Fun – Watch a comfort show, play a game, read for pleasure, or revisit a hobby.
- Day 5: Check-In – Journal or pause to ask yourself, How am I really doing right now?
- Day 6: Connect – Reach out to one person who feels safe or supportive, even with a simple message.
- Day 7: Set a Boundary – Say no to something draining or carve out time just for yourself.

Remember: self-care doesn't have to be big or aesthetic to be effective. Small, intentional choices can make a real difference in your mental health—especially after a demanding semester.

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.

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

Please email counseling@hgtc.edu to sign up!



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.



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

Reflection



Holiday Reset Reflection

Time: 10-15 minutes

Purpose: Reduce stress and promote self-awareness after a busy semester.

Steps:

1. Write down three things you're proud of from this semester (big or small).
2. List two things you want to let go of from finals or the past few weeks (stress, expectations, self-criticism).
3. Name one intention for the holiday break (rest, connection, creativity, or balance).
4. End by choosing one small self-care action you'll do this week.

Why it helps:

This activity encourages reflection without pressure and helps students mentally close the semester while setting a calm, realistic tone for the holidays.