

Mindful Moments

Horry Georgetown Technical College
Counseling Services February 2026

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.

Spring is Near!

February can be an especially challenging month for mental health. The excitement of a new year has faded, daylight hours are still short, and cold weather can make it harder to stay active and connected. For some students, this dip in mood may be linked to Seasonal Affective Disorder (SAD), a type of depression that follows a seasonal pattern, most commonly during fall and winter.

According to the National Institute of Mental Health, symptoms can include low energy, difficulty concentrating, changes in sleep, and loss of interest in activities you usually enjoy. If you're feeling the winter blues, small steps can make a difference: try to get outside during daylight hours, keep a consistent sleep schedule, stay connected with friends, and prioritize movement—even a short walk can help. And as February unfolds, it's worth remembering that spring is just around the corner.

The days are gradually getting longer, brighter mornings are ahead, and this season of transition can be a reminder that change—both in weather and in mood—is possible. Most importantly, remember that you're not alone. Campus counseling services, peer support groups, and trusted faculty or staff are here to support you through the remainder of the winter season.

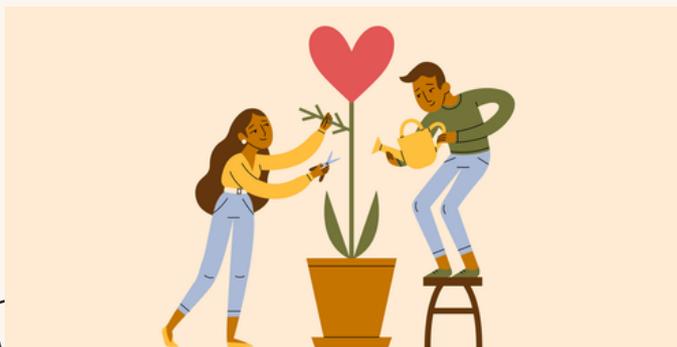


Graphic with a teal background and the words "Spring Is Coming" centered inside a wreath of white and pink flowers with green leaves

Healthy Relationship Tips

Healthy relationships don't just happen—they take intention, effort, and care. In a college community where students are navigating new experiences, independence, and diverse perspectives, building strong connections is essential to personal well-being and campus culture. Whether with friends, partners, classmates, or roommates, practicing healthy relationship skills helps create an environment where everyone feels respected, supported, and valued.

- Practice open communication: Share your thoughts and feelings honestly, and check in regularly with others about how things are going.
- Listen actively: Give your full attention, avoid interrupting, and reflect back what you hear to show understanding.
- Set clear boundaries: Be upfront about your limits, time commitments, and personal needs—and respect others' boundaries as well.
- Build trust: Keep promises, be reliable, and handle private information with care.
- Resolve conflicts calmly: Address issues early, focus on the behavior (not the person), and work together toward solutions.
- Show appreciation: Express gratitude and acknowledge the efforts and strengths of those around you.
- Support individual growth: Encourage each other's goals, interests, and independence.



Two people trim and water a large heart-shaped plant in a pot, symbolizing care and teamwork.

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



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

Please email counseling@hgtc.edu to sign up!

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Love Languages Explained



LOVE LANGUAGES			
Love Language	How to Communicate	Actions to Take	What to Avoid
Words of Affirmation	Use kind, encouraging, and positive words; express gratitude and appreciation.	Write notes or send unexpected texts; verbally acknowledge achievements and qualities.	Avoid criticism, unkind comments, or failing to recognize efforts.
Quality Time	Give undivided attention; actively listen; engage in meaningful conversations.	Plan activities together; spend time without distractions; create special moments.	Avoid being distracted, interrupting, or neglecting one-on-one time.
Acts of Service	Perform helpful tasks or share responsibilities without being asked.	Do chores, prepare meals, or complete tasks that lighten the other person's workload.	Avoid breaking promises, being unreliable, or creating more work for the other person.
Receiving Gifts	Give thoughtful and meaningful presents; show you've considered their preferences.	Create or purchase personalized gifts; express gratitude when giving or receiving.	Avoid generic or thoughtless gifts, forgetting special occasions, or being insincere.
Physical Touch	Use non-verbal cues to show love, such as hugs, kisses, or holding hands; maintain physical closeness.	Make physical affection a priority; initiate touch to show care.	Avoid neglecting physical intimacy, being distant, or showing discomfort with affectionate touch.