

Mindful Moments

Horry Georgetown Technical College

Counseling Services

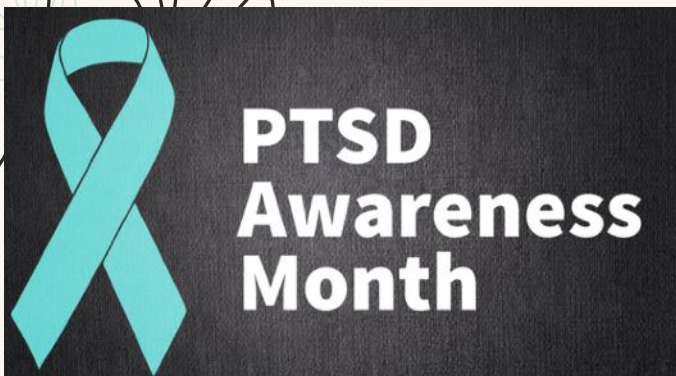
June 2024

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!



PTSD Awareness Month

PTSD Awareness Month, observed in June, aims to raise awareness about post-traumatic stress disorder (PTSD). During this month, various organizations and individuals come together to educate the public about PTSD symptoms, available treatments, and resources. The goal is to ensure that those affected by PTSD know that help is within reach!



Men's Mental Health Month

Men's Mental Health Month is an awareness campaign that aims to shed light on the unique mental health challenges faced by men. Men have unique struggles including, stigma and societal expectations, emotional suppression, communication challenges, work-related stress, etc. Men are at a much larger risk to commit suicide, and complete suicide at a much higher rate than women. Remember that seeking professional help, talking openly, and prioritizing self-care are essential steps toward better mental health. Let's continue raising awareness and supporting men during this important month!



Mindful Moments "Body Scanning"



Mindfulness is the practice of observing your experience in a nonjudgmental, empathic, and accepting manner. In essence, mindfulness is simply being present to your human experience from moment to moment. Mindfulness is about being present to your external world, as well as your inner world-- your thoughts, emotions, and physical sensations. One of the first things to remember about mindfulness is that it is a practice, it is not something you complete or finish, rather something you continue to practice daily. Body scanning is a mindfulness technique that involves systematically focusing your attention on different parts of your body to release physical tension and increase awareness of sensations in the present moment. Here's how to do it:

- 1.) **Get Comfortable:** You can perform a body scan while sitting or lying down. Close your eyes or drop your gaze downward to minimize distractions.
- 2.) **Begin with Deep Breaths:** Inhale slowly through your nose and exhale through your mouth. Let your shoulders relax and settle into your body.
- 3.) **Start at the Top:** Focus on your head. Notice any sensations--tension, warmth, or pulsing. No need for judgment; simply be aware.
- 4.) **Move Down Your Body:** Shift your attention to your shoulders and upper back. Feel any sensations--tightness, lightness, or whatever arises.
- 5.) **Continue Downward:** Scan your arms, chest, abdomen, hips, legs, and feet. Observe sensations without labeling or judging them.
- 6.) **Notice and Accept:** Be curious about what you feel. Accept each sensation as it is, without resistance.
- 7.) **Expect Thoughts:** Your mind may wander. That's normal. Gently bring your focus back to the body.
- 8.) **Befriend Your Breath:** Throughout the scan, stay connected to your breath. Let it anchor you in the present moment.
- 9.) **Finish Mindfully:** When you've scanned your entire body, take a few more deep breaths. Gently open your eyes if they were closed.

Remember, the goal is awareness, not perfection. Practice body scanning regularly to enhance mindfulness and reduce stress!