

# Mindful Moments

Horry Georgetown Technical College  
Counseling Services March 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.

## Managing March Burnout

### Managing Stress & Preventing Burnout

Midsemester can bring a heavy workload and rising stress. Burnout shows up as fatigue, difficulty concentrating, irritability, or feeling disconnected.

#### Tips to stay balanced:

- Prioritize rest: Aim for 7-9 hours of sleep.
- Break tasks into steps: Small goals make assignments manageable.
- Take mindful breaks: Stretch, breathe, or take a short walk.
- Set boundaries: Protect your time and energy.
- Reach out: Campus counseling, tutors, and faculty/staff are here to help.

Listening to your mind and body and taking small steps can prevent burnout and keep you focused for the rest of the semester.



The words "Spring Reset" above blue sky image with blooming flowers and meditating hands.



Illustration of a person sitting at a desk with their head in their hands, appearing stressed or overwhelmed, with a tangled red scribble above their head symbolizing anxious or cluttered thoughts.

## Spring Reset & Motivation

As the semester reaches its midpoint, it's a great time to pause, reflect, and reset your goals. Spring is a season of growth—both outside and within! Take a moment to review your schedule, prioritize tasks, and adjust your routines for better balance.

#### Helpful Tips to Refresh Your Semester:

- Reorganize your study space: A clean, well-lit area can boost focus.
- Set one achievable goal each day: Small wins build momentum.
- Incorporate movement breaks: Walks, stretches, or short workouts improve energy and mood.
- Use a planner or digital calendar: Track assignments, exams, and deadlines to reduce stress.
- Celebrate progress: Recognize what you've accomplished so far—it helps maintain motivation.

Treat this month as an opportunity to recharge and approach the rest of the semester with clarity and positivity.

## 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](https://www.hgtc.edu/current_students/counseling/index.html)

Please email [counseling@hgtc.edu](mailto: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

### Spring into Wellness Event



The HGTC Counseling Department will be hosting a Mental Health and Wellness Event titled "Spring into Wellness" across all 3 HGTC Campuses. This event will allow students the opportunity to connect with community resources that are available within our area. From mental health services, to general health services, and certified therapy animals - these resources will be onsite to provide students with information to improve mental health and wellbeing. The event details are as follows:

#### **Tuesday, April 14**

Conway Campus  
Grass area behind Building 300  
2050 Highway 501 East  
Conway, SC 29526

#### **Wednesday, April 15**

Georgetown Campus  
Patio - North side of Building 100  
4003 South Fraser Street  
Georgetown, SC 29440

#### **Thursday, April 16**

Grand Strand Campus  
In front of Building 200  
743 Hemlock Avenue  
Myrtle Beach, SC 29577

We hope to see you there!