

Mindful Moments

Horry Georgetown Technical College
Counseling Services November 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.

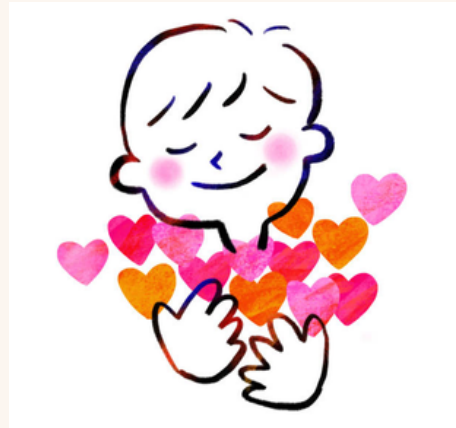
Each issue will include easy-to-use coping skills and mindfulness exercises that you can add to your daily routine. These tools are designed to support your well-being and help you stay present throughout the day.

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.

November: National Gratitude Month

As the semester moves toward its final stretch, November offers a perfect opportunity to pause and reflect—it's **National Gratitude Month!** Practicing gratitude isn't just about saying "thank you;" it's about noticing the good things, big and small, that enrich our daily lives. Studies show that regularly expressing gratitude can boost mood, reduce stress, and improve overall mental health—something every college student can benefit from.

Whether it's jotting down three things you're thankful for, telling a friend you appreciate them, or taking a mindful moment between classes, cultivating gratitude can help you feel more grounded and positive. This month, take a little time each day to appreciate what's going right—you might be surprised by how much brighter your days feel.



A simple, colorful illustration of a person smiling with their eyes closed, arms crossed over their chest in a self-hug. Around the person are pink, red, and orange watercolor hearts, symbolizing feelings of love, warmth, and gratitude. The overall tone of the image is calm and positive, reflecting self-appreciation and thankfulness.

Holidays and Mental Health

As the holiday season approaches, many of us look forward to a break from classes and time spent with loved ones—but it can also bring stress, loneliness, or pressure to do it all. Balancing finals, work, and holiday obligations can be overwhelming, so it's important to prioritize your mental well-being. Start by setting realistic expectations for yourself—everything doesn't have to be perfect to be meaningful. Create a balanced schedule that includes time for rest, movement, and activities that make you feel good. Practice mindfulness or deep breathing to help calm your mind during busy days, and don't hesitate to say "no" to commitments that drain your energy. Staying connected can also help—reach out to friends, join a campus event, or talk to a counselor if you're struggling. If you're away from home, try creating your own small traditions, like cooking a favorite meal or taking a walk with music you love. Remember, the holidays are about connection and care—so give yourself the same kindness and compassion you offer others.



A colorful illustration showing a person sitting with their head resting on one hand, appearing tired or overwhelmed. Around them are bright holiday scenes and symbols—wrapped gifts, a roasted turkey, decorations, people climbing stairs carrying presents, a menorah, and a "Party Time" banner. In the foreground, another hand scrolls through a phone with social media icons. The busy, crowded imagery contrasts with the central figure's calm but weary expression, suggesting feelings of stress, pressure, or fatigue during the holiday season.

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

3-Breath Reset



When your day starts to feel overwhelming, take a 3-breath reset to ground yourself.

1. First breath: Notice your inhale and exhale. Feel the air moving in and out of your body.
2. Second breath: Soften your shoulders, jaw, and hands. Release any tension you notice.
3. Third breath: Bring your attention to something you're grateful for in this moment—no matter how small.

This 30-second pause can help reduce stress, improve focus, and bring you back to the present.