

Mindful Moments

Horry Georgetown Technical College
Counseling Services October 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.

October: National Depression and Mental Health Screening Month

October is **National Depression and Mental Health Screening Month**, a reminder of the importance of checking in on our emotional well-being. It's a time to raise awareness about the signs of depression and encourage early screening and support. Mental health struggles often go unnoticed, but early intervention can make a big difference. This month also includes World Mental Health Day on October 10th, a global effort to break the stigma surrounding mental health and promote open conversations. Our Counseling Department invites all students to take advantage of free, confidential mental health services and explore the support services available. Prioritizing your mental health is one of the most powerful steps you can take for your success and overall well-being both personally and academically.



Illustration of a human head in profile with brain puzzle pieces and flowers, alongside large text reading "National Depression & Mental Health Screening Month October."

Mid-Semester Self-Care Tips

As midterms approach, now is a great time to lean into self-care so you stay strong, focused, and resilient. Start by structuring your time—break study sessions into manageable chunks (for example, 45-60 minutes), and build in regular breaks to move, stretch, or do something fun. Throughout the day, nourish your body: eat balanced meals, snack wisely (e.g. fruits, nuts), and keep a water bottle nearby to stay hydrated. Aim for 7-9 hours of sleep nightly—remember that rest supports memory consolidation and brain function. When anxiety creeps in, pause for a mindfulness or breathing exercise (simple ones like 4-count inhale, 4-count exhale help calm the nervous system). Stay connected—call or meet up with friends, join a study group, or check in with counseling services if stress feels unmanageable. Finally, be gentle with yourself: celebrate small wins, adjust your expectations when needed, and remember you're doing your best. You've got this!



Illustration of a hand watering a brain with a watering can, surrounded by blooming flowers, symbolizing mental growth and self-care.

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

Please email counseling@hgtc.edu to sign up!



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

Grounding



"Brain Dump + Gratitude Reframe" – Clear Your Head in 10 Minutes

Feeling mentally cluttered? Try this 2-step mental reset:

🧠 Step 1: The Brain Dump (5 minutes)

Grab a notebook or open a blank doc. Write everything on your mind — to-dos, worries, random thoughts, deadlines, frustrations. No structure, no filters. Just unload.

Think of it as decluttering your brain to reduce stress and gain clarity.

💛 Step 2: The Gratitude Reframe (5 minutes)

Now, look over your list and write three things you're grateful for related to anything on it. Even if it's something small or unexpected.

Example:

- "Stressed about a paper ➡ Grateful I have access to education."
- "Worried about time ➡ Grateful I have things I care about."
- "Feeling lonely ➡ Grateful for one friend I can talk to."

Why it helps: This combines emotional release with a positive mental shift, helping to ease anxiety and boost perspective.