

# Navigating Death and Dying

As we grow and age, so do the people around us. We all inevitably reach times when we will be faced with the loss of loved ones. Even though grief can feel so individual, it is something we all experience and can support each other through. No two grief journeys are the exactly the same. Understanding how grief can show up and ways to cope can be helpful in navigating this challenging human experience.

Everyone reacts differently to death. There is no “normal” amount of time it takes to grieve, nor emotions that are “right” to feel. Those grieving may experience the following:

- **Emotions & Thinking:** Sadness, shock, denial, anger, guilt, blame, relief, etc.
- **Physical Health:** Weakened immune system, altered appetite, altered sleep, body aches, and pain.



You cannot rush yourself through the grieving process, but you can take actions to care for yourself. Here are a few steps you can take to help yourself manage during this time:

- 1. Allow yourself to grieve:** If you fight to hold your pain inside, then it is more likely to stay there – in your mind and body. Finding ways to let your uncomfortable emotions out allows you to process them and release tension. You can do this by listening to music, writing out your thoughts, talking to someone, or playing a sport.
- 2. Keep a daily routine:** Losing a loved one can uproot your typical routine, but a regular schedule can help your body recover and give you some predictability in the uncertainty of grief. Prioritize rest, eating healthy foods, and movement.
- 3. Seek support from loved ones:** It is common to feel isolated when grieving, but we are often not alone in our pain. Consider reaching out to loved ones to talk about your grief or to simply distract yourself from the hurt for a while.
- 4. Reflect on happy memories:** Even though they are bittersweet, allowing yourself to think or talk about joyful memories of the deceased person honours their life and can help bring meaning to the relationship you shared.
- 5. Seek help:** You may need or want professional support when grieving, if you are struggling to cope. Magna’s Employee and Family Assistance Program offers free, confidential support from a counsellor for you and your family. Learn more at <https://global.helpwhereyouare.com>. You can also reach out to your doctor.

Grief may never fully go away, but the pain can become more manageable and less frequent over time. Grieving is human, and you can make it through even when it feels impossible.



For more information visit:  
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