



# Life Transitions - Meet Robin

In life, we face twists and turns. While transitions can be tough, adapting through them helps us grow. Robin Brandon is an example of this growth as she shares her story about how she overcame a difficult time in her life. Robin is the Employee Advocate at DorteC Bradford. She is a loving mother of two daughters, a new fur mom, and a champion of health and wellness in her own life, her family's lives, and the lives of the employees at DorteC Bradford.



When Robin was in the process of separating from her now ex-husband, she recognized that she and her daughters were facing a lot of changes in their lives and would benefit from additional support. She reached out to the Employee and Family Assistance Program (EFAP) for help with this life change and support with the anxiety she faced. During this time, her doctor also prescribed her medication to help with her anxiety. As some time passed, she wanted to learn more skills to cope with her anxiety, and her doctor referred her to a psychiatrist.

Starting Cognitive Behavioral Therapy helped Robin learn new skills to handle stressful times. Robin found the combination of medication and therapy very helpful. She explained that “medication gives me the ability to take a breath, and then I use the skills I learned in therapy to retrain my brain.”

At first, Robin was embarrassed to talk about her mental health with her family and coworkers. However, as an Employee Advocate, she realized that many people struggle with their mental health and now shares her story to help inspire others and breakdown the stigma around talking about mental health.

Therapy changed Robin's outlook on life and helped her learn to be more compassionate. It also taught her ways to calm down when she is stressed. "Now I'm more relaxed and can help others," she says. Robin believes self-care is not just taking a warm bath; it is also about taking care of the mind.

Robin is happy when employees reach out for mental health resources. She acknowledges that it can be especially hard for men to seek mental health support, and she champions the need for men to take care of themselves. Robin's advice to employees is to utilize the EFAP program to access resources for all life stages.

Navigating new phases is challenging, but with the right support, it's possible to overcome them and flourish. If you or a family member would like to access the EFAP, you can do so at [global.helpwheretheyouare.com](https://global.helpwheretheyouare.com) with the company code: Magna. You can also call the toll-free phone number 1-833-354-2425.



For more information visit:  
[WWW.MAGNAWELLNESS.COM](https://www.magnawellness.com)

