

Meet  
Robin  
Gilbert



Meet Robin Gilbert, a dedicated employee advocate at Dortec Industries who has worked at Magna for the past 9 years.

A few years ago, after being married for 14 years, Robin made the tough decision to separate from her now ex-husband. As she adjusted to this new chapter, Robin realized how often she had set aside her own needs to support those around her. Wanting to be present and emotionally available for her daughters, she sought mental health support.

Robin first got help from a local women’s shelter that helped her navigate the initial stages of her separation. She then learned about Magna’s Employee and Family Assistance Program (EFAP) and decided to try it. Through EFAP, Robin and her daughters connected with a counsellor who provided support during their familial transition. The EFAP became Robin’s first step toward positive mental health. During this time, Robin also experienced anxiety that disrupted her daily life, and she was prescribed medication by her doctor to help manage it.

As time passed, Robin realized that relying on medication alone was not enough. She wanted to learn skills to cope with her anxiety. She

voiced this to her doctor, who referred her to a psychiatrist. Robin started cognitive behavioural therapy (CBT), where she learned to identify her anxiety triggers and replace negative thoughts with constructive ones. This practice helped her gain confidence and trust in herself.

“ Robin shared that “having confidence in knowing how to help yourself when you are struggling helps build resilience.”

Going to therapy transformed Robin’s perspective on life and deepened her understanding of how the mind works. It taught her to be more compassionate toward others, as you can never fully know what someone else might be going through. At work, she applies the skills learned in therapy to recognize when her anxiety rises and how to manage it.

“ Robin said that “While setbacks are inevitable and can sometimes feel overwhelming, it is important to remember that you have overcome challenges before.”

By reflecting on her past successes in handling difficult situations, she has built confidence and self-trust, empowering herself to face future obstacles with resilience.

While she was initially hesitant to discuss her mental health with family and coworkers, Robin recognized that other people also face similar challenges. She now shares her story to inspire and help break down the stigmas surrounding mental health. “Being open lets people know they can be vulnerable with you and ask for help,” Robin shared. This motivated her to set up a wellness committee at Dortec Bradford, where she leads various activities to educate employees on self-care and mental health. One of her biggest successes has been seeing the men in her division become open to discussing their mental health and reaching out for therapy resources.

Robin recommends that employees use the EFAP program to access resources and support for all life stages, including regular daily stress. She emphasizes not only trying one thing but taking the time to find what works best for them.

Thank you, Robin, for your unwavering dedication to supporting Magna employees’ mental health and for fostering a resilient and compassionate work environment.

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Did You Know?

The 5-Senses Reset is a quick and easy activity that can help you feel calm and present. It uses your five senses to help you focus and take a break from stress. You can do it anywhere, and it only takes a couple minutes. Start by taking a few deep breaths. Now, go through each of your five senses:



**Sight**  
Look around and name five things you can see.

This activity helps your body and mind slow down. It can make you feel more in control and less overwhelmed. You can do it any time you feel anxious, upset, or just need a break.



**Touch**  
Name four things you can feel, like your clothes, a chair, or the floor.



**Hear**  
Listen for three sounds. You might hear birds, cars, or your own breath.



**Smell**  
Try to find two things you can smell. This could be soap, food, or fresh air.



**Taste**  
Name one thing you can taste. This could be gum or a drink.

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TALKING ABOUT MENTAL HEALTH:

A Conversation with Dominic and Sun

Talking about mental health can feel overwhelming. For someone who is struggling with their mental health, there is vulnerability in opening up about how they feel. People with mental illness or poor mental health often avoid seeking help due to fears of judgement or not being accepted by those around them. In general, conversations about mental health can seem difficult due to concerns over saying the wrong thing. To better understand mental health and how to talk about it, let us follow Dominic as they learn how to support a friend. Dominic is on a walk with their friend, Sun. While catching up, Dominic shares concerns about their mutual friend, Jeremy.



Image by Freepik



“Jeremy has been acting different lately. He keeps cancelling plans, and it is taking him longer to respond to my texts. I think I will stop reaching out and let him make plans if he wants to.”

Dominic



“That is unusual for Jeremy. Have you asked him how he is doing?”

Sun



“What do you mean?”

Dominic



“When people withdraw or behave differently, it could be a sign of something deeper. He might be struggling with his mental health.”

Sun



“Do you think he is depressed? Maybe he should take medication for that.”

Dominic



“Feelings are different from depression, so not necessarily. Mental health is about our thoughts, emotions, and our ability to respond to life’s ups and downs. Mental illnesses are diagnosed medical conditions that negatively affect mood, thinking, and behaviour. If someone is diagnosed with a mental illness, medication is one option, but not the only one.”

Sun



“I feel sad sometimes, but I do not act like Jeremy has been acting, so he must be depressed.”

Dominic



“Think of mental health as a scale. At the one end of the scale, someone may feel they are coping well with life and are managing the moments where they feel stressed or down with ease. On the other end, the individual may not feel they are coping well with daily stressors, and are struggling with constant feelings of sadness, stress, or worry. It is important to remember that a person’s mental health can move along this scale daily, weekly, and throughout their lives.”

Sun



“Okay so, the same person could be at different points on the scale at different times, regardless of whether they have a mental illness or not. I understand that. But why would Jeremy be sad? He has a great job, family, and many friends. He always seemed happy until recently.”

Dominic



“Experiencing brief changes to your mental health is not uncommon, regardless of someone’s background. Just because you do not see a reason for someone to feel down does not mean they feel okay. People often wear a mask of positivity, hiding their true feelings. This can lead to further isolation. We never truly know how someone feels unless they tell us. Sometimes starting a conversation can help. You should ask Jeremy how he feels.”

Sun



“But I do not know much about mental health and mental illness. What if I say the wrong thing?”

Dominic



“You do not have to be an expert to support a friend. Start by mentioning the change you have noticed in Jeremy’s behaviour. Listen without judgement and avoid trying to fix his problems. This shows you care. If he is open to help, offer to assist him with finding resources.”

Sun

After speaking with Sun, Dominic called Jeremy and asked how he was doing. Jeremy shared that he had been feeling down for a while and hoped it would improve, but it had not. He acknowledged that he might need help but was not sure where to start. Dominic offered to help search for support options, which Jeremy accepted. This conversation strengthened their friendship.

Dominic now has a better understanding of mental health. While still learning, they have tried to check in on friends and colleagues, discussing mental health more openly to reduce stigma.

If you are concerned about a loved one and are unsure how to start a conversation about mental health, follow these steps:

- Share what you have noticed or what concerns you have.
- Listen without judgement and confirm their feelings. Do not try to diagnose or solve their problems.
- If they acknowledge that it may be mental health-related, reassure them that you want to support them.
- Ask if they have a doctor, counsellor, or community/spiritual support. If not, offer to help connect them with resources, if they are open to receiving help.



# What is Resilience and How Can You Improve It?

Resilience is the ability to adapt, recover, and thrive through challenges. It empowers individuals to maintain emotional well-being and effectively navigate life’s setbacks. Resilience is not about avoiding stress; rather, it is about acknowledging feelings, then developing the tools and mindset to handle them constructively.

Resilience involves key qualities such as adaptability, optimism, and problem-solving skills. Resilient individuals feel confident in understanding their emotions, can keep perspective, and focus on solutions rather than dwelling on problems. It is important to recognize that resilience is not a fixed trait—it can be learned through intentional effort.

## Strategies for Building Resilience

Building resilience takes practice and involves using or trying different strategies that promote emotional strength and well-being:



### Building Connections

Strong, supportive relationships with family and friends provide emotional support and a sense of belonging. Social connections build resilience by offering encouragement and support during difficult times.



### Prioritizing Wellness

Supporting mental and physical health strengthens the mind and body’s ability to cope with life’s challenges. Regular physical activity, practicing mindfulness, getting adequate sleep, and avoiding negative coping mechanisms are key to overall health.



### Finding Purpose

Helping others, pursuing meaningful goals, and staying proactive can give you a sense of purpose. A strong sense of purpose motivates individuals to be resilient in the face of challenges.



### Embracing Healthy Thoughts

Cultivating a positive mindset by keeping perspective, accepting change, and practicing self-compassion can improve the ability to manage stress. Reframing negative thoughts and focusing on solutions are powerful coping skills.

While building resilience can improve mental health, there are times when professional support is helpful and times when it is necessary. Seeking support from counselling services, joining support groups, or reaching out to crisis hotlines can provide valuable guidance and emotional aid. Recognizing when help is wanted (or needed) and accessing these resources is an essential part of strengthening resilience.

Keep in mind that resilience is a journey, not a destination. By practicing these strategies and seeking support, individuals can cultivate resilience and improve their ability to navigate life’s challenges.

## Mental Health Corner

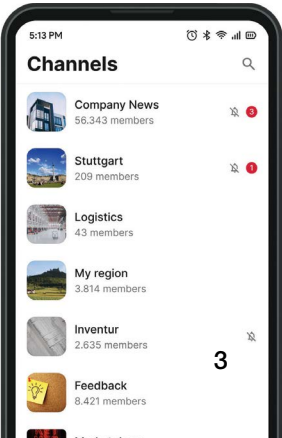
Magna Wellness Launches ‘Healthy Minds at Magna’ Mental Health Campaign.

In May 2025, Magna Wellness launched a three-month mental health campaign called **Healthy Minds at Magna**. The campaign aims to educate employees, raise awareness about mental health, and reduce the stigma surrounding it. The campaign reinforce the message that health includes both physical and mental health, both of which are important to overall well-being.

Over the course of the campaign, key topics are explored, including the distinction between mental health and mental illness, as well as common conditions like depression and anxiety.

In Magna’s Canadian divisions, health promotion coordinators connect with employees in lunchrooms, leading discussions and sharing valuable mental health resources.

As part of Magna’s commitment to supporting our global community, we also hosted **a virtual mental health panel on May 13th**. This event featured Magna employees who courageously shared their personal mental health experiences, offering insights, challenges, and strategies for building resilience. **A recording of the session is available on the Magna MyLife app** for easy access and for those who were unable to attend the live event.





# Understanding Suicide and How to Offer Support

Suicide is the intentional act of ending one’s life, often stemming from a complex mix of factors that vary from person-to-person. While it can be difficult to prevent and predict, there are sometimes warning signs that suggest someone may need help.



## Recognizing the Signs of Suicide

People who die by suicide often do not want to end their lives but are experiencing significant emotional or physical pain that they want to end.

Here are some warning signs to be aware of:

- Showing a sense of hopelessness and helplessness
  - Expressing the wish to die or end their life
  - Feeling depressed
  - Believing they are a burden or have no purpose in life
- Feeling trapped in a difficult situation
  - Becoming increasingly agitated or angry
  - Withdrawing from family and friends
  - Increasing substance use or engaging in risk-taking behaviours

## How to Offer Support

- 1

**ASK**  
Simply mentioning suicide will not increase someone’s risk of trying it. If you are concerned, it is important to ask directly, “Are you having thoughts of suicide?”
- 2

**ACT**  
If someone discloses to you that they are having thoughts of suicide, never promise to keep suicidal thoughts or plans a secret. Stay with the person if it is safe to do so until you can help connect them to support.  
  
If you or someone you know is in crisis, **24/7 support is available.**  
**9-8-8** In Canada and the U.S., call or text 9-8-8 for the **Suicide Crisis Helpline.**  
  
If you are outside of these countries, please check your local listings for the appropriate suicide or crisis support line. When in doubt, call your country’s emergency phone line to receive immediate help.  
  
To be proactive, take a moment now to find local mental health and suicide crisis helplines in your area and save their contact information to your phone. Local emergency services can also help in these situations. Being prepared with this information can help guide you through a difficult conversation if it ever arises.



## Dark Chocolate Banana Split

### Ingredients

- 1

small ripe banana (or ½ large banana)
- 1 tbsp

dark chocolate (70% or higher cacao), chopped or in chips
- ¼ tsp

vanilla extract
- 2 tbsp

plain low-fat Greek yogurt (or low-fat dairy-free yogurt)
- 1 tbsp

chopped nuts (almonds, walnuts, or pistachios)

**Optional toppings:**  
Fresh berries to top (i.e., raspberries or strawberries)

### Nutritional Facts

230 kcal calories	6 g protein
28 g carbohydrates	12 g fat
6 g fibre	2 g saturated fat
14 g sugars	10 g unsaturated fat

### Instructions

1.

**Prepare the banana:** Peel and slice the banana lengthwise. Place both halves on a small serving plate.
2.

**Melt the dark chocolate:** In a microwave-safe bowl, add the dark chocolate. Using a microwave, heat the chocolate in 30-second intervals, stirring between each interval, until the chocolate is completely melted and smooth. Stir in the vanilla extract once the mixture has melted for extra flavour.
3.

**Assemble the split:** With the banana split in half on the plate, drizzle the melted dark chocolate all over the banana. Next, add a dollop of Greek yogurt in the middle of the banana split. Sprinkle with chopped nuts for some crunch, and fresh berries for an extra burst of sweetness.
4.

**Serve and enjoy:** Serve immediately or refrigerate for 15 minutes if you prefer a slightly chilled split before serving.

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We would love to hear from you!



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