

MY Monthly News



Coping with Loss

Losing a loved one is one of life's most stressful experiences and can trigger a deep emotional crisis.

Knowing What to Expect

Grief can bring a wide range of emotions, even when a loss is anticipated. Common reactions include denial, disbelief, confusion, shock, sadness, longing, anger, guilt, and despair.

Mourning A Loved One

Mourning is the natural process of adjusting to a significant loss. Grief is how loss is expressed and may include crying, fatigue, or depression. Allowing yourself to feel and express these emotions is essential. Avoiding grief may seem easier at first, but unresolved feelings can lead to emotional or physical difficulties later. Strong emotional reaction such as anxiety, ongoing fatigue, depression, or even thoughts of suicide, can occur. It's also common to feel preoccupied with the person who died.

Living with Grief

Grieving is essential to healing. Allow yourself the time and space to process your loss. Helpful ways to cope include seeking support from friends, family, or support groups, and openly expressing your feelings. Take care of your physical health by eating well, resting, and staying connected with your doctor. Avoid relying on alcohol or medication to manage grief. Focus on living in the present, even though it may take effort. Try to delay major life changes until you've had time to adjust. Be patient with yourself, healing can take months or years. If your grief feels overwhelming, seeking professional help is a strong and positive step.

Looking to the Future

With time, support, and care, it is possible to move through grief. While the loss never fully disappears, the pain will ease, and memories of your loved one can become a lasting source of comfort. Remember to reach out to MYgroup if you or a loved one would benefit from support related to grief and loss.

Helping Others Grieve

If someone you care about is grieving, your support can make a difference.

After a loss, people may withdraw out of uncertainty. Reach out with a simple message, conversation, or small act of kindness to show they're not alone. People who are grieving need to feel understood and supported. Avoid clichés like "It will be okay." Instead, acknowledge their pain and remind them you're there.

Be someone who listens without judgment. Showing real interest and care helps people feel seen and supported, even if you're not especially close. Check in regularly and continue offering support over time, especially during anniversaries or holidays. Consistent, sincere care helps the person feel supported long after others may have stepped away.



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National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

May is **National Mental Health Awareness Month** to help end stigmas around mental health.

May 11-17 is **National Women's Health Week** to recognize health issues that impact women.

May 27 is **Senior Health & Fitness Day**. This year's theme is "Move a Little...Live a Lot!"

Mental Health Minute

Self-Care While Grieving

While grieving or taking care of others who are grieving, here are some tips for self-care:

- Designate an afternoon or evening and silence your phone and meditate.
- Play music that matches your mood. Feel understood by the songs and singers that share your experiences.
- Eat nourishing meals each day, even if the food doesn't hit your taste buds like you're used to.
- Breathe: really breathe! Take deep breaths in through the nose and slowly out through the mouth.
- Make a memory box, collage, or journal to store your thoughts and memories
- Share your feelings. Be courageous enough to accept the help and support of others.
- Going for a walk can brighten mood and alleviate tension.

Live Monthly Webinar

Staying Strong and Resilient

May 13, 2026

1:30pm to 2:30pm EST

Resiliency is the ability to withstand and quickly recover from difficulties—an essential trait for navigating both personal and professional challenges. How we respond to hardships is closely linked to our level of resilience, and in this empowering session, we will share effective strategies to stay strong and maintain a positive outlook. Participants will leave feeling empowered and equipped to face future challenges with reduced stress, armed with the tools to bounce back faster and stronger from setbacks. Join us to cultivate resilience and thrive in the face of adversity.

To access this month's webinar, as well as find a library of previous webinars, please visit MY Portal and scroll down to "Events" on the right-hand side.

All webinars are recorded and saved in MY Portal 48-72 hours after release for your reference at any time.



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