

Meet

Sol
Falcon



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Meet Sol Falcon, Magna’s Marketing and Communications Manager in Saltillo, Mexico. She has been with Magna for 20 years.

Her journey with chronic migraine pain began when she was just three years old. Migraines run in her family, and for decades, have shaped her daily life.

“The pain would wake me up at night with no warning. I could not live like that anymore.

Sol’s migraines were often accompanied by other symptoms like nausea, vomiting, and severe head pain, which were frequently brushed aside. In her teens, a neurologist prescribed painkillers, but they failed to help. Determined to understand the cause, she began tracking everything: food, drinks, sleep, hormones, and even the weather.

Through years of journaling and trial and error, Sol discovered a few surprising triggers: Tomatoes, onions, and the combination of wine and cheese. She also noticed hormonal shifts and weather changes played a role. Chilli peppers helped ease the pain—thanks to capsaicin, which improves circulation and oxygen flow. Sparkling water with lime and salt also helps restore her electrolytes and calm her symptoms.

Sol emphasizes that migraines are not always caused by stress and managing them requires more than just a pill.

Breathwork remains central to her pain management. “Breathing is at the core of everything” she said.

She explored a variety of therapies over the years:

- 1Acupuncture to relieve pressure points
- 2Biomagnetism to balance the body
- 3Essential oils to clear sinuses and reduce pain
- 4Physiotherapy for back tension
- 5Reflexology for general relaxation
- 6Snoring strips to ease cranial pressure
- 7Botox (which was only briefly effective)
- 8Retainers to reduce jaw tension
- 9Massage therapy and foot massagers for daily relief
- 10Reiki for deep relaxation
- 11She also hopes to try a chiropractor in the near future

During painful migraine episodes, she walks or goes to the gym to increase oxygen flow. She attends Pilates and TRX® classes three times a week, calling the gym her “happy place.”

“We are always counting steps at work, she notes, but we are doing it while stressed, running on cortisol and adrenaline. That is not the kind of movement our bodies need.

Today, a monthly migraine-prevention injection has made her condition more manageable. She has also turned to talk therapy to address the emotional toll, practices meditation, and has learned how not to take the pain personally.

Her message to others:

“Listen to your body. Pain is a message. Breathe. Move. Do not rely solely on pills; find what works for your body and do it with intention.

Sol’s journey shows that sometimes managing chronic pain requires a willingness to explore different strategies. She tried practical therapies, combined movement and mindfulness, and most importantly, listened to her body. Thank you Sol for sharing your story.

Understanding Body Pain and Strategies for Managing It.

Almost everyone has felt pain. A dull ache in your back after a long day. The stiffness in your neck when you wake up. Or the sharp twinge in your knee that seems to come from nowhere. Pain is more than discomfort. It is often your body’s way of sending a message. The real question is, are we listening?

Pain can be grouped into several different types:

- Acute pain** is sudden and short-lived. It often follows an injury or illness. This kind of pain usually lasts less than three months and fades as the body heals. A stubbed toe or paper cut are simple examples.
- Chronic pain** is different. It continues for more than three months or keeps coming back. It may feel like a steady ache, a burning sensation, or ongoing stiffness. People with arthritis, migraines, or long-term back problems often live with this kind of pain every day.
- Nociceptive pain** happens when body tissues like skin, muscles, or bones are injured. It is the sharp, throbbing pain of a sprained ankle or a stomach cramp.
- Neuropathic pain** comes from damage or changes in the nerves. It may feel like burning, tingling, or sudden electric shocks. Diabetes, shingles, and certain injuries can lead to this type of pain.
- Nociplastic pain** is a newer category described by doctors. It does not come from clear injury or nerve damage. Instead, the nervous system sends pain signals when it should not. Fibromyalgia is one example of this kind of pain.
- Referred pain** is when you feel pain in one part of your body even though the real problem is somewhere else. A classic example is pain in the arm during a heart attack.

It is also important to know that pain is not only physical. Stress, mood, and emotions can make pain feel worse or harder to manage. Doctors now understand that many types of pain overlap. A person can have tissue damage, nerve pain, and stress all working together to shape what they feel.

Now that we know the type of pain we feel, we can find different ways to treat it:



Check your daily movements.

The way you sit, move, lift, and sleep can affect your body and joints. If you are experiencing any pain, consult a medical professional to determine how you can improve your movement.



Make sure you move!

Staying in one position for too long can cause aches and pains to your body! Engage in daily gentle exercises to reduce stiffness and tension in the body.



Strengthen and stretch your muscles.

Stretching and strengthening your muscles can help with the aches that you are feeling. Strong and flexible muscles are less likely to get injured.

It is okay to take a break and relax; life can be stressful, especially on our bodies. Listening to your body and knowing when to rest is crucial for maintaining good health. Your body needs time to recover. Drinking plenty of water and fluids with electrolytes (no added sugar!) can help reduce pain caused by dehydration. Taking a warm bath can also relax your muscles and ease tension. If the pain becomes too severe or has been ongoing for a while, it is essential to consult a professional. They can help create a plan that supports your recovery and overall health.

To learn more about which kind of professional to reach out to, check out the article, “Relieve, Recover, Repeat: Musculoskeletal Care.”

Images by Freepik

Mental Health Corner

The Pain-Stress Connection



Have you ever noticed that your pain sometimes feels worse when you are stressed or tired?

This is because stress, anxiety, and poor sleep can change how your body processes pain. Stress increases muscle tension and lowers your pain tolerance, making your body more susceptible to pain. Poor sleep hinders your healing process, prolonging the pain and discomfort. This is why, when you are feeling overwhelmed or tired, even mild headaches are hard to ignore.

The good news is that there are simple, everyday habits that can help manage this. Practicing deep breathing, moving your body through stretching, walking, and getting enough sleep can all lower stress and support recovery.

Something as simple as a short break or a few minutes of quiet time during the day can make a difference.

One helpful tool for managing pain is the Curable app. Curable uses a mind-body approach to help people understand and manage chronic pain. It offers education, relaxation exercises, and activities that are based on how the brain and body work together.

Our mental health and physical health are connected. Taking care of your mental health is just as important as caring for your body. Whether you are experiencing physical pain, stress, or both, reach out to healthcare professionals for support.

Remember, it is okay to ask for help!

RELIEVE, RECOVER, REPEAT:

Musculoskeletal Care

Most people have felt sore muscles or body aches at some point in their lives. Usually, this kind of pain goes away on its own, but if your pain is caused by a minor injury, such as a pulled muscle, simple treatments can help. These may include resting, applying ice, or taking anti-inflammatory drugs (i.e., Ibuprofen). If the pain is more severe or persistent, consult a healthcare provider. They can identify the cause of the pain and create a personalized treatment plan tailored to your needs. If the pain does not entirely go away, doctors focus on managing it to help you feel comfortable. In some cases, you may need to consult a specialist to assess your pain and receive appropriate treatment.

Here is a list of professionals and approaches for muscle, bone, joint, and connective tissue pains:

Physiotherapist (PT)

Physiotherapists help manage pain, prevent injuries, and facilitate recovery from injuries or illnesses that affect movement and daily activities. They employ methods such as manual therapy and exercise.



Chiropractor

Chiropractors focus on the joints and spine, using techniques such as spinal adjustments to improve mobility and reduce pain. They examine posture and movement, and sometimes use X-rays or other imaging methods to help diagnose an issue.



Osteopath

Osteopaths examine the body, recognizing that issues in one area can impact other parts. Osteopaths consider lifestyle, posture, and other factors, using hands-on techniques to identify and treat areas of tension and imbalance, thereby promoting healing.



Registered Massage Therapist (RMT)

Registered Massage Therapists use their hands to assess and treat physical pain in the muscles and joints.



Kinesiologist

Kinesiologists utilize exercise and movement therapies to aid in recovery and prevention of injuries, manage chronic conditions, enhance body function, and boost athletic performance.



Acupuncturist

Acupuncturists insert thin needles into specific points on the body to promote healing and address various health issues. The practice aims to balance the flow of energy, called “qi,” and is used for pain relief and stress reduction.



Homeopathic Care

Homeopathic care uses diluted substances to boost the body's natural healing processes. They consider the physical, mental, and emotional symptoms when selecting a treatment.



When seeking care for muscle or joint pain, list all your symptoms to your provider. Include details on what they feel like, how they affect your daily life, and provide any relevant medical history. Be clear about your goals for the appointment and ask questions to help you understand the diagnosis, treatment options, and results. If you have severe pain from a sudden injury, seek immediate medical help.

WORK SHOULD NOT HURT:

Ergonomics at Your Workstation

Pain at work is more common than you might think. Last year, many people at Magna reported feeling pain while on the job. This can affect anyone, whether you work on the shop floor or at a desk in the office.

When we talk about pain as an ergonomics issue, we are usually talking about work-related musculoskeletal disorders (WMSDs). These injuries happen when there is too much force, repetition, or awkward posture in the tasks we do.

Force means how much of your strength you are using for a movement. The more strength you use compared to what your body can handle, the higher the risk. Awkward postures make it harder for your body to use force safely. For example, crouching in front of a low machine.

Repetition is how often you do the same task or movement and how long you do it for. The more often or longer you repeat a task, the more stress it puts on your body. Doing different types of tasks, switching jobs on the floor, or taking small breaks (i.e., standing up from your desk and taking a quick stretch/walk).

Awkward postures raise your risk of pain and injury. A good posture is relaxed, with elbows bent around 90 degrees and your hands facing in, like you are about to shake someone's hand. Try to bring your work closer to you so you do not have to bend, twist, or reach.

Magna cares about keeping our workplaces safe and healthy. If you have ideas to improve your workstation, feel pain or discomfort, or want to reduce risk, please talk to your division's Ergonomics Committee, your Health and Safety Coordinator, or your supervisor. Speaking up early can help stop a small problem from turning into something bigger.

Guest written by James Prine, Ergonomics Program and HSE Systems Manager from Aurora, Canada (Magna Global Headquarters)



DID YOU KNOW?

Helpful Foods to Knock Out Inflammation

Did you know your body has a natural way of protecting itself when it gets hurt or sick? It is called inflammation. This is your immune system’s response to threats like germs or injuries; it works to protect the body from further harm and kick-starts the healing process.

The Good News

You can help manage and reduce inflammation through the foods you eat. Choosing meals rich in omega-3 fatty acids, antioxidants, and gut-healthy nutrients can support your immune system and keep inflammation in check.

The Bad News

What happens when inflammation sticks around longer than it should? When inflammation becomes chronic, it can confuse the immune system and cause it to attack healthy parts of your body. Over time, this can lead to tissue damage and increase the risk of long-term health problems.

Final Tip

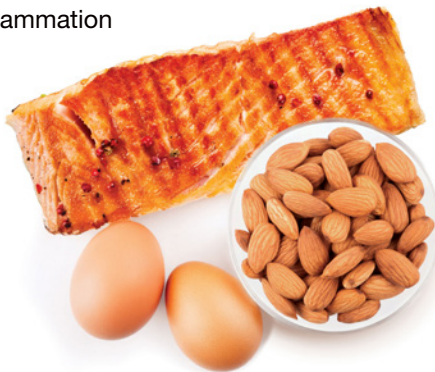
Incorporating these foods regularly—alongside exercise and stress-reduction strategies— is a powerful way to support your immune system and reduce inflammation naturally.

Omega-3 Fatty Acids

These healthy fats reduce the chemicals in your body that trigger inflammation and increase the ones that fight it.

Top sources include:

- Fatty fish (salmon, mackerel, herring, tuna, anchovies)
- Nuts and seeds
- Eggs, milk, and yogurt with added omega-3s
- Kelp and seaweed
- Olive oil



Antioxidants

Antioxidants help protect your cells from damage and can stop inflammation before it starts.

Load up on:

- Fruits (especially berries)
- Vegetables (especially leafy greens like spinach, kale, and broccoli)
- Dark chocolate (70% or more)
- Spices (such as cinnamon, oregano, turmeric, garlic)
- Coffee and tea



Gut-Healthy Foods

A healthy gut means a balanced immune system, which helps prevent chronic inflammation.

Include:

- **Probiotic foods (these contain live beneficial bacteria):**
Fermented foods like kefir, sauerkraut, kimchi, miso, and kombucha
- **Prebiotic foods (these feed good gut bacteria):**
Oats, barley, beans, lentils, and all vegetables



Anti-Inflammatory Nourishment Bowl

A balanced, anti-inflammatory meal to support muscle recovery and joint health.

Nutritional Facts <small>(Per Serving with Salmon)</small>			
510 kcal	Calories	35 g	Carbohydrates
28 g	Protein	9 g	Fibre
25 g	Total Fat	~1.8 g	Omega-3 (EPA/DHA)
3.5 g	Saturated Fat		

Ingredients

½ cup	cooked quinoa
½ cup	roasted sweet potato (cubed)
½ cup	steamed broccoli florets
¼ cup	sauerkraut or kimchi
¼	avocado, sliced
3 oz	grilled salmon (or tofu for a plant-based option)
1 tbsp	pumpkin seeds
1 tsp	extra virgin olive oil
½	lemon, juiced
Pinch	turmeric and black pepper (optional)

Instructions

Cook your ingredients

1. Cook the quinoa according to package directions.
2. Cube your sweet potato and then roast sweet potato cubes at 400°F (200°C) for 20–25 minutes until tender.
3. Steam broccoli for 4–5 minutes until bright green and slightly tender.
4. Grill or pan-sear salmon (or tofu) until cooked through, seasoning lightly.

Assemble your bowl

1. Start with quinoa as the base.
2. Arrange sweet potato, broccoli, sauerkraut, avocado, and salmon (or tofu) on top.
3. Sprinkle with pumpkin seeds, drizzle with olive oil and lemon juice, and finish with turmeric and black pepper if using.
4. Serve warm and enjoy.

For more articles, employee stories, quizzes, and recipes, please visit magnagoodforyou.com

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We would love to hear from you!

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