

*“Grief is depression in proportion to circumstance; depression is grief out of proportion to circumstance.”*  
- Andrew Solomon

For many people, grief is associated only with death. The feelings that can come with this grief are expected, allowed and accepted for the most part. However, grief can be the result of any type of loss and this is where things can get confusing and messy for us.

Any change of circumstance in your life, or any change in a familiar pattern of behavior can actually create varying degrees of grief. Situations that can create grief within us include: moving homes or communities, losing a job or facing retirement, having children leave home, dealing with divorce, and a sudden loss of health and vitality. Even the loss of an opportunity can create grief.

#### Signs of Unresolved Grief

If you have areas in your life where you wish you had said or done things differently, or you



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## How Grief Can Hide In Our Lives

had done more, and this causes feelings of sadness, regret, shame, hopelessness or anger, you may have unresolved grief.

If you have unrealized hopes, dreams and expectations for your relationships, career, or life, and this is causing feelings of sadness, regret, shame, anger or hopelessness then you may have unresolved grief.

If you have communications of an emotional nature that you have never delivered, and they weigh on you, causing feelings

of sadness, regret, shame, hopelessness or anger, then you may have unresolved grief.

If you have all of these in one way or another, and they are causing feelings so strong that they are becoming debilitating (ie: affecting your physical health, your mood, your energy or motivation), then you could very well have unresolved grief.

#### Handling Unresolved Grief

When grief continues to be unresolved, it can manifest mental health issues such as

depression. True healing only comes when we treat the cause. Symptom relief, in any form, is just a temporary solution at best. Many of us have accumulated a lifetime of things that have caused sadness, regret, shame, hopelessness, or anger and we have buried them deep in our hearts and minds. If we never truly resolve our feelings around these experiences in our lives, they can compound and re-appear as a mental health concern. We must take mental health seriously, and we must also seek to find the cause behind it so we can treat and heal not just the symptom but the deeper truth as well.

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Kenny White, R.H.N., PTS, HLC, is a holistic nutrition professional, Canfitpro Certified Personal Training Specialist, C.H.E.K certified Holistic Lifestyle Coach, and the owner of FIT-NUT Fitness & Nutrition Coaching. Since retiring from the Canadian Air Force in 2009, Kenny has been able to follow his passion and help his clients improve their health through FIT-NUT by offering an integrated approach to both fitness and nutrition in a holistic way. Specializing in rehabilitation training and athletic strengthening, he works with people of all ages and fitness levels to help with everything from nutrition and weight management to strengthening and physical conditioning. Kenny regularly delivers workshops on nutrition, fitness and wellness at conferences, and to audiences at the Running Room and Department of National Defence. Learn more about Kenny and FIT-NUT at fit-nut.ca.

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