



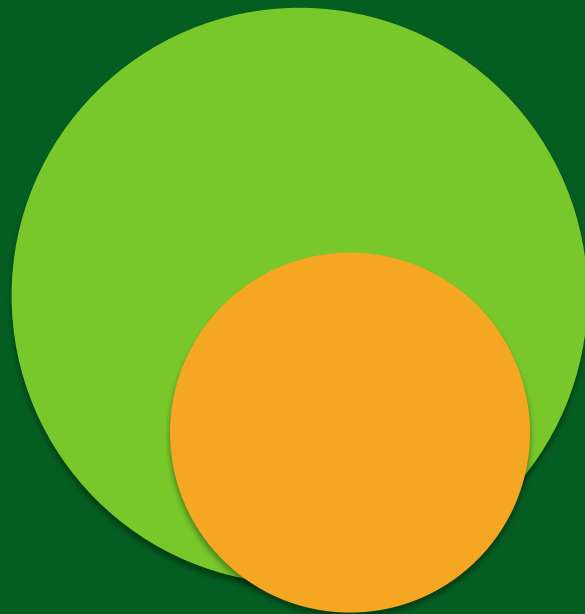
UNSPOKEN GRIEF

WHEN LOSS HAPPENS...

What happens to us, what comes next, and how do we learn to live with what has changed?

MONTHLY WELLNESS
WEBINAR

Bonga na Jacinta Wellness • TALK • HEAL • THRIVE



Tonight, we are going to explore the dots.

Because loss is an event. Grief is everything that can follow.

WHEN LOSS HAPPENS...

What happens in those first moments?

Why can it feel unreal?

What happens when reality sinks in?

AND THEN...

What happens to our emotions, relationships, identity, routines and sense of safety?

What happens when everyone expects us to “be strong”?

WHAT NOW?

What happens when grief is unseen?

What does healing actually mean?

How do we learn to live with what has changed?

The “...” is not decoration. It is the conversation.

The five movements of grief

We will move from the moment of loss to the question: what now?

01

THE MOMENT

When everything changes

02

THE RESPONSE

What happens inside us

03

THE RIPPLE

How loss changes everyday life

04

THE UNSPOKEN

What we don't always feel allowed to say

05

THE NEXT CHAPTER

Healing & living with what changed

There is no single “right” way to move through grief.

Loss is more than death.

Grief can follow any experience that changes what was, what is, or what we expected life to be.

A person

A relationship

A pregnancy

A job

A home

A friendship

Health

A dream

An opportunity

A version of ourselves

REFLECTION

What have you lost that you were never taught to call a loss?

“Is this really happening?”

The first moments after loss can feel unfamiliar, unreal and difficult to process.

SHOCK

The mind may struggle to take in the full reality all at once.

DISBELIEF

You may know what happened and still feel as though it cannot be real.

AUTOMATIC FUNCTIONING

You may continue doing what needs to be done while feeling emotionally disconnected.

Sometimes the first response to overwhelming loss is simply: “I don't know what I feel yet.”

Then reality begins to arrive.

The loss can become real in small, ordinary moments.

THE EMPTY CHAIR

You notice the absence in familiar spaces.

THE PHONE

You reach for a message, call or conversation that cannot happen in the same way.

THE ROUTINE

Things you did together—or because of someone—suddenly change.

THE FUTURE

The future you imagined may no longer look the same.

“This happened.” can slowly become “This happened to me.”

Grief does not always look like sadness.

Our responses can be emotional, physical, cognitive, social and deeply personal.

Sadness

Anger

Guilt

Relief

Numbness

Confusion

Anxiety

Loneliness

Yearning

Regret

Resentment

Even moments of joy

REMEMBER

Feeling okay for a moment does not mean you have stopped caring. A difficult day does not mean you have failed.

“Be strong.”

Sometimes the message we receive is to cope quietly, quickly and without making others uncomfortable.

STRENGTH CAN LOOK LIKE...

- Asking for support
- Naming what hurts
- Resting when needed
- Setting boundaries
- Allowing emotion
- Continuing one day at a time

SUPPRESSION CAN LOOK LIKE...

- Pretending nothing happened
- Never talking about it
- Feeling guilty for needing help
- Believing you must “move on” quickly
- Hiding every difficult emotion

Strength is not the absence of grief.

When everyone else moves on...

The world can return to routine before your inner world feels ready.

“It has been long enough.”

“You seem better now.”

“You need to get back to normal.”

BUT GRIEF HAS ITS OWN TIMELINE

A person can function, laugh, work and care for others—and still be grieving.

Support is not only needed in the first days. Sometimes it is needed when everyone assumes you are fine.

Question: What happens when the world stops asking how you are, but you are still carrying the loss?

Who am I now?

Loss can change more than our feelings. It can change our sense of self.

IDENTITY

Who am I after this?

ROLES

Who am I without this person, job or role?

SAFETY

Can I trust life again?

MEANING

What does life mean now?

Sometimes grief asks a question deeper than “How do I feel?”

It asks: “Who am I becoming in this new reality?”

What happens to relationships?

People can share a loss and still grieve in completely different ways.

ONE PERSON MAY...

- Talk about it often
- Want company
- Cry openly
- Seek reassurance

ANOTHER MAY...

- Become quiet
- Need space
- Stay busy
- Struggle to find words

THE RISK

- "You don't care."
- "You're not grieving."
- "You should be over it."

Different expressions of grief do not automatically mean different amounts of love.

What if the loss isn't a death?

Some losses are deeply felt but socially invisible.

RELATIONSHIPS

Breakups • separation • estrangement

FAMILY & PREGNANCY

Pregnancy loss • infertility • changing family dreams

WORK & FINANCES

Job loss • career change • financial security

HOME & BELONGING

Moving • migration • displacement • community

HEALTH & ABILITY

Illness • diagnosis • changes in independence

DREAMS & FUTURES

Missed opportunities • plans that changed • identity

Who told us which losses deserve permission to be mourned?

What happens to grief when it has nowhere to go?

Sometimes the hardest part is not only the loss—it is feeling that you cannot speak about it.

“People won’t understand.”

“I don’t want to burden anyone.”

“Others have bigger problems.”

“I should be over it by now.”

“Nobody knew how much this mattered to me.”

“I don’t even know how to explain what I’m feeling.”

UNSPOKEN GRIEF

The grief we carry quietly still deserves a safe place to be heard.

“But I thought I was fine...”

Grief can resurface when something reconnects us with what—or who—we lost.

Anniversaries

Birthdays

Holidays

Songs

Photographs

Places

Smells

Milestones

Life transitions

Unexpected reminders

A GRIEF WAVE IS NOT NECESSARILY A SETBACK

Sometimes something simply reconnects us with what mattered.

What does healing actually mean?

Healing is not the same as forgetting, erasing or pretending the loss did not matter.

ACKNOWLEDGE

This happened.

ALLOW

I am allowed to feel what I feel.

CONNECT

I do not have to carry this alone.

ADJUST

I can learn the new reality.

REMEMBER

I can honour what mattered.

REBUILD

I can make room for life again.

Healing does not ask us to stop caring. It asks us to keep living.

What would you do?

A short scenario for reflection. There is no perfect answer.

THE SCENARIO

A friend experienced a significant loss several months ago. They have returned to work, seem functional and rarely talk about it. One day, they become overwhelmed by an ordinary reminder and say, “I thought I was done grieving.”

DISCUSS

1. What might be happening?
2. What could you say that would feel supportive?
3. What should we avoid saying?

CHAT • POLL • RAISE HAND

How can we support someone who is grieving?

Support is less about having the perfect words and more about creating safety, presence and choice.

BE PRESENT

Listen without rushing to fix.

“I’m here.”

“You don’t have to explain everything.”

VALIDATE

Avoid comparisons.

Don’t force a timeline.

Let their experience be theirs.

KEEP SHOWING UP

Check in beyond the first days.

Offer practical help.

Respect privacy and boundaries.

You don't have to remove someone's pain to be a meaningful support.

Pause. Reflect. Connect.

Take a quiet moment. You do not have to share what you write.

WHEN LOSS HAPPENS...

What is one part of your grief—or someone else's grief—that you understand differently now?

“I am taking away...”

Three things to remember.

If you remember nothing else, carry these with you.

01 GRIEF IS PERSONAL

There is no single emotional script, timeline or outward expression that fits everyone.

02 UNSEEN LOSS IS STILL LOSS

You do not need public recognition for your experience to matter.

03 HEALING IS NOT FORGETTING

We can honour what changed and still make room for life.

You can move forward without leaving what mattered behind.

WHEN LOSS HAPPENS...

We cannot undo the loss.

**But we can learn to live with
what it has changed.**



You do not have to navigate the “...” alone.

THANK YOU

UNSPOKEN GRIEF

A safe space for the grief we don't always have words for.

Bonga na Jacinta Wellness

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Until next time...