



**Friedel,
Williams
& Edmunds**
FUNERAL AND CREMATION SERVICES

13 Oxford Rd., New Hartford

1123 Court St., Utica

We appreciate your attention and hope you will find this informative and helpful.

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The holidays are a time of joy and celebration for most people, but this time of year can be very different for grieving people. The death of a loved one can be especially hard during the holidays as they are full of memories, traditions, and sensations – all reminders that this year is different, and someone is no longer here. What can someone in the midst of grief do to make this time more positive and step toward emotional healing?



Acknowledge your pain

The first step is to admit the pain of grieving. Saying goodbye to a loved one is no easy task, and it feels different than you could ever have expected. People tend to try to get around the pain without facing it, which only makes it harder later on. There is an empty chair at the table on this special occasion. The grief following a death can meet us at every turn with the reality that they will not be returning. Because holiday grief is so painful, there is no need to try to escape the pain this holiday season.

Take care of yourself

Self-care is vital during this time. Try to stay active, eat healthy, go outside to be in nature, and get enough sleep.

It's totally normal to need more sleep when you're depressed and grieving, you just have to be gracious with yourself. Grief is very tiring and - even under the best of circumstances - holidays are very taxing. Give yourself permission to turn down invitations or leave parties early.

In addition to taking care of your physical health, staying engaged in your community or church is also helpful. Being in community with others is very beneficial for your mental health. At the same time, be honest with yourself about what you want to do and only accept invitations or participate in activities that you feel you can handle.

Evaluate traditions and embrace memories

When the holidays arrive, many people want to change everything about the holidays to avoid the sad feelings. It can help to evaluate family traditions, choosing those traditions that are most important to continue and including your loved one in new traditions.

Don't forget to embrace your memories of past holidays and special events as you face this season. We cannot turn back the clock, but we can hold in our hearts the memories of days gone by. You may want to light a special candle or purchase a special holiday decoration and hang it in your loved one's memory.

A lot of people feel like when that person is gone, the love is gone too, but the love is still there. You wouldn't feel the grief if you didn't have all of this love in the first place. It may help to include a place for your loved one at the table for the holiday dinner, make their favorite recipe, or any other ways that make sense to you to positively remember those who have passed. By doing these things, you're including them in your conversation and making space for that person, both literally and symbolically.

How to support someone who is grieving

Being supportive of someone grieving requires patience and vulnerability. Engage with the person and ask how you can best support them. And let them know that you are thinking about them during this time.

Some people don't want to bring the loss up because they don't want to make people sad at a joyful time. But they already are sad, so bringing it up allows them to express it and feel accepted in their pain. Remember that there is no set timeline for an individual grief journey.

It is also important to remember that not all grief is related to death. There are many types of loss that people experience, such as divorce or disease. We can't decide or predict what defines another person's grief, but we can offer love and support.

Approaching the holidays when experiencing grief over the death of someone or a deep loss may be painful at first, but using these strategies can help us face the future by celebrating with gratitude what we had in the past.

Help Us Help Those in Need

Our annual food drive benefits different organizations and this year we will be giving the food to **Feed Our Vets**. The drive will run through Tuesday, December 17.

The collection point is outside our main entrance at our Funeral Home at 13 Oxford Road every day from 8 am to 4 pm. If those times aren't convenient for you, please contact us and we'll find a time that works.

Thank you for your generosity.



Phone 315-724-6105

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