

# Coping in the New Year



Coping with loss during the holiday season and the new year can be especially difficult. People often feel anxiety about their first year without a loved one, or if it's been many years since their passing, another year passing without them. Times that used to feel joyous and celebratory can be daunting and lonely. It's important when you're grieving to take time for yourself. Here are some tips that may help you find comfort in 2023:

## 1. Invest in Self Care

While others may be making resolutions and setting lofty goals for self-improvement, try giving yourself compassion in daily habits like eating healthy foods you enjoy, taking naps if you're not getting enough sleep at night, or going for a walk. Allow yourself to grieve, but prioritize being kind to yourself.

## 2. Know that You Are Not Leaving Them Behind

Knowing your loved one will not be there for holidays, birthdays, and other momentous calendar days can bring feelings of dread and guilt. Instead of giving into anxiety about these otherwise happy occasions, try making it a moment to remember them. Share funny stories of them with friends and family. Invite the memory of them along, instead of thinking you need to move on without them. Remember you are allowed to find happiness, even as you grieve.

## 3. Asking for Help

You do not have to take on a new year alone. Asking for guidance from your priest may help you discover resources within and outside of your parish community including faith-based [self-help books](#), one-on-one counselling, and support groups.

## 4. Join Others in Grief Support

Many parishes offer grief support through bereavement ministry. Expressing your grief and opening up allows you to be vulnerable in a space where others know what you're going through. The giving and receiving of empathy and support is not only comforting, but fulfilling. Click [here](#) for a list of support groups in the Diocese of Camden.

## 5. Find Comfort in Meditation and Prayer

Many people find coping easier when they seek comfort in their faith and closeness with God, and practicing prayer is a habit that you can sustain beyond the new year. Much like prayer grounds you in your faith, meditation can ground you in a sense of peace. The combination of the two can ease stress, help you reflect on your loss, and focus on finding a new normal.

[Find Grief Support Near You](#)

South Jersey Catholic Cemeteries | Diocese of Camden  
[SouthJerseyCatholicCemeteries.org](https://SouthJerseyCatholicCemeteries.org) | 855-MyPrePlan (855-697-7375)  
[cemeteries@camdendiocese.org](mailto:cemeteries@camdendiocese.org)