**Tips for Self-Care during Anniversary Reactions to a Traumatic Event**

Some individuals experience reactions to traumatic events near or around the anniversary of those traumatic events. Although anniversary reactions can be upsetting, it is helpful to know that recovery takes time and requires rebuilding on many levels – physically, emotionally and spiritually. With patience, understanding and support from family, friends and community members, individuals can emerge from trauma and disaster stronger than before. Some tips for coping with anniversary reactions to a traumatic event are listed below.

- **Talk about it.** While it may feel better to pretend event(s) did not happen, talking with friends, classmates, family and professors helps you realize that you are not alone in your feelings.

- **Take care of yourself.** Take good care of yourself in terms of rest, exercise and healthy eating. This helps your body deal with the stress you may be feeling.

- **Engage in healthy activities.** Do activities that you enjoy and find relaxing and that promote your health.

- **Keep your routines.** As much as possible, keep your daily routines. This helps you maintain a sense of control.

- **Limit media viewing.** Take breaks from watching or reading any related news coverage and media messages regarding the anniversary of the event.

- **Get involved.** Comfort and healing can be promoted by engaging in positive activities like candlelight vigils, moments of silence, commemoration programs and group discussions.

If your response to an anniversary event persists in an ongoing way that disrupts your ability to carry out your daily life activities (i.e., sleep, eat, work or attend school, communicate and experience support in important relationships, concentrate), ask for help. For students at Suffolk University, the Counseling Center is available for support at 617-573-8226. An after-hours urgent call line is available year round at the same number, 617-573-8226. For faculty and staff, the Suffolk University EAP Program, LifeScope, can be contacted at 800-828-6025.

*Adapted from “In the Wake of Trauma: Tips for College Students,” U.S. Department of Health and Human Services Suffolk University Department of Counseling, Health and Wellness*