

How to Cope with Trauma Anniversaries

1.) YOU MAY EXPERIENCE...



- Wanting to withdraw from others
- Sadness, anger, irritability
- Anxiousness, feeling on edge
- Negative thoughts about yourself (e.g. guilt, shame)
- Wanting to avoid anything associated w/the trauma

2.) PLAN AHEAD

- Mark the date of the traumatic event on your calendar
- If you don't know the date, then maybe the week, the month, season or near a particular holiday
- Once you have a date, you can plan for how you can take care of yourself in the days leading up to and day of.



3.) RECLAIM



- Reclaim this day by engaging in an activity that nourishes your soul and creates a positive association
- Recognize the progress you have made in your healing and all that you have overcome
- Buy or create something that honors yourself, your growth and your journey: a piece of jewelry, a poem, a tattoo, artwork, a nourishing meal for yourself

4.) CREATE A SELF-CARE PLAN

- Take a mental health day (or two or three!)
- Identify supportive individuals you can reach out to
- Create a list of comforting activities to engage in
- Plan a day trip w/a friend
- Give yourself lots of grace, love and compassion



5.) CREATE A RITUAL



- Do you feel pulled to mark this passage of time in some way? To purge or release pent up emotion?
- Write a letter and rip it up
- Get rid of any objects that remind you of the event
- Go on a hike w/your closest friends and scream when you reach the top
- Light a candle, meditate, say a prayer, repeat positive affirmations, do a yoga sequence

Empowering individuals to grow,
heal & thrive in their lives.

<http://spacetohealcounseling.com>


Space to Heal
COUNSELING &
WELLNESS, PLLC

Copyright 2020