



Free and confidential psychological support for those affected by terror attacks in England

Coping with the Anniversary of a Terror Incident

The anniversary of a terror incident can be a challenging time as it can act as a reminder of what you experienced.

For some, this can contribute to a temporary increase in difficult feelings and emotions, which can make some people feel like they are going backwards. However, these are typical reactions around the anniversary of a traumatic event and usually pass.

Reactions vary between people but can include:

- Feeling more anxious, tense and/or jumpy
- Increased sadness or negative thinking
- Difficulties with sleep
- Feeling angry about the incident
- Thinking more than usual about the incident and/or those who lost their lives
- Avoiding thinking or talking about the incident
- Avoiding reminders of the incident or the date of the incident
- Feeling guilty about how you acted during the incident
- Feeling guilty for feeling better than you expected

Taking care of yourself:

- Try to set realistic expectations of yourself during this difficult time
- Remember it is ok to have positive thoughts, feelings and memories around the anniversary of the incident
- Spend time with loved ones or people you trust, and talk to them if this helps
- Plan comforting activities that help you relax (e.g. listening to music, going for a walk, reading a book)
- Offer help in the community if you are able to: doing things for others can help give us a sense of connectedness and achievement
- Stick to your usual routine if this is helpful
- Limit time spent online/following the news if it's making you feel worse
- Mark the anniversary if that feels useful - join planned activities or take some time to reflect on your own
- Look after yourself: try to exercise and eat well
- Make a note of helpful strategies so you have these in future

Getting help

- Talk to your psychological therapist if you are already receiving support.
- You can email us: SurvivorsOfTerrorism@slam.nhs.uk or call us on 0800 0902371 to talk to someone about your well-being and consider the options for support available to you.
- If you need urgent help, contact your GP or the Samaritans.
- If you are in crisis, go straight to your local A&E.