

THE ANNIVERSARY EFFECT

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We are coming up on the one year anniversary of lockdown.

HOW ARE YOU?

ARE YOU EXPERIENCING THE "ANNIVERSARY EFFECT"?

The anniversary effect is defined as a unique set of unsettling feelings (e.g. sadness, irritability, anxiety, etc.), thoughts or memories that occur on the anniversary of a significant experience.

It may be easy to figure out this is happening by looking at the calendar, or the anniversary effect may start weeks prior to the traumatic event or loss (e.g. death, divorce, accident, natural disaster, etc.). Sometimes these events are connected to a season, such as the holidays, versus a specific date.

How to Cope:

- Glance at the calendar each month to see if there are any feelings or memories associated with certain dates.
- Remind yourself that it is normal for the anniversary effect can often appear weeks prior to and after the event.
- Limit news consumption if the event was something that was a public trauma (e.g. COVID).
- Prioritize self-care, soothing activities, and staying connected to your community.
- Remember your common humanity, and that you are not alone in experiencing grief, loss and trauma.
- Seek mental health support if it feels too overwhelming to manage, or if you want the support! Remember, you don't need to be in a crisis to seek mental health support.

Source: [PsychologyToday.com](https://www.psychologytoday.com)



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THE ANNIVERSARY EFFECT RESOURCES

All Feelings Are Okay and Have a Purpose:

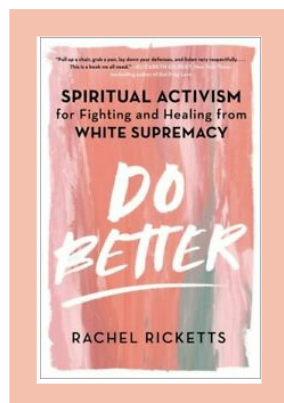
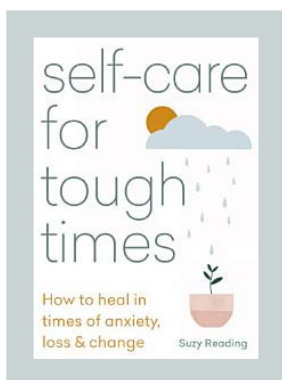
- [Why Are Feelings Important?](#)
by PsychCentral
- [Coronavirus Has Upended
Our World. It's OK To Grieve.](#)
by NPR

Soothing Self-Care Practices:

- [Mandala Coloring Sheets](#)
- [5 soothing self-care
practices from self-care
author Suzy Reading \(11 min
video](#)

Mental Health Support:

- [National Alliance on Mental
Illness \(NAMI\)](#)
- [Psychology Today therapist
directory](#)



Finding Our Common Humanity:

- [Blog on researcher Kristin
Neff, Ph.D.'s website about
common humanity](#)
- [Self-compassion guided
meditations](#) from Chris
Germer, Ph.D.

Breathing and Compassionate Touch to Cope with Trauma:

- [Video tutorials by
@twinpowerment](#)
- [Learn about soulcare](#) for grief
and trauma from racial justice
disruptor Rachel Ricketts

Self-Care Resources:

- [The Science of Happiness
podcast](#)
- [Greater Good Berkeley
magazine](#)
- [Self-Care for Tough Times](#) by
Suzy Reading
- [Do Better](#) by Rachel Ricketts
(a lot about soulcare +
spiritual activism)