

September 11th - One Year Later

The anniversary of the September 11th 2001 will no doubt find many of us remembering the specific events of last year. Many will look back in horror at the terrorist acts, remembering where they were and what they were doing at the time. The nation has changed; we are at war and experiencing economic uncertainty.

Despite this, many people have returned to daily routines. The intense shock and fear we felt last fall has faded as we take care of day-to-day concerns. But the anniversary of the event may trigger thoughts and feelings similar to those experienced at the time of the attacks.

This reliving of the feelings associated with a loss is sometimes called an anniversary reaction. At the anniversary of a loss or trauma, many people experience this type of reaction.

People react differently when confronting an anniversary loss. Some people anticipate the anniversary with low feelings or even a sense of doom. Others may have recurring thoughts, nightmares, or flashbacks, especially after viewing replays of the event on TV. Still other people may have a heightened sense of anxiety and an inability to concentrate. Fears of flying or fears of skyscrapers, quiescent for months, may reemerge.

Remember that anniversary reactions are common. The return of feelings we experienced a year ago helps us integrate those intense emotions and actual losses. The process of looking back actually renews our resolve to continue moving forward.

Your Employee Assistance Program is available to listen to your unique circumstances and to help if you have concerns about your personal reaction to this anniversary.