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FOR IMMEDIATE RELEASE

Seven Hills Realty Trust Announces 2025 Dividend Allocations

Newton, MA (January 20, 2026): Seven Hills Realty Trust (Nasdaq: SEVN) today announced that the characterization of dividends for 2025 income tax reporting is as follows:

SEVN Common Shares

			Dividend Allocation Per Share						
Record Dates	Paid/Payable Dates	Dividends Per Share	Ordinary Income	Section 199A Dividend(1)	Qualified Dividend(2)	Total Capital Gain	Unrecaptured Section 1250 Gain(3)	Section 897 Capital Gain	Return of Capital
01/27/25	02/20/25	$0.35	$0.3054	$0.3054	$0.0000	$0.0000	$0.0000	$0.0000	$0.0446
04/22/25	05/15/25	$0.35	$0.3054	$0.3054	$0.0000	$0.0000	$0.0000	$0.0000	$0.0446
07/21/25	08/14/25	$0.28	$0.2443	$0.2443	$0.0000	$0.0000	$0.0000	$0.0000	$0.0357
10/27/25	11/13/25	$0.28	$0.2443	$0.2443	$0.0000	$0.0000	$0.0000	$0.0000	$0.0357
	TOTALS:	$1.26	$1.0994	$1.0994	$0.0000	$0.0000	$0.0000	$0.0000	$0.1606

(1) Section 199A Dividends are a subset of, and included in, the Ordinary Income amount.

(2) Qualified Dividends are a subset of, and included in, the Ordinary Income amount.

(3) Unrecaptured Section 1250 Gain is a subset of, and included in, the Total Capital Gain amount.

SEVN's common share CUSIP number is 81784E101. This information represents final income allocations.

Shareholders should look to IRS Form 1099-DIV for their tax reporting. This press release is not intended to replace the Form 1099-DIV. For additional information regarding the effect on the tax basis of SEVN shares, please see Form(s) 8937 published on the SEVN website: https://sevnreit.com/investors/stock-information/default.aspx

About Seven Hills Realty Trust

Seven Hills Realty Trust (Nasdaq: SEVN) is a real estate investment trust, or REIT, that originates and invests in first mortgage loans secured by middle market transitional commercial real estate. SEVN is managed by Tremont Realty Capital, a wholly-owned subsidiary of The RMR Group, a leading U.S. alternative asset management company with approximately $39 billion in assets under management and more than 35 years of institutional experience in buying, selling, financing and operating commercial real estate.

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