

# Tips for Coping After Jury Service

## The Jury Duty Experience

Being on a jury is a rewarding experience which in some cases may be quite demanding. You were asked to listen to testimony and examine facts and evidence. Coming to decisions is often not easy.

While not everyone experiences symptoms of distress following jury service, some jurors do so. So, we believe it may be helpful for you to be aware of the symptoms if they arise.

Some temporary signs of distress following jury duty include: anxiety, sleep or appetite changes, moodiness, physical problems, guilt, fear, or decreased concentration or memory issues.

## Coping Techniques After Serving on a Jury

We believe the following techniques can help alleviate your distress:

- Talk to family members and friends about your feelings and reactions to your jury experience. If necessary do not hesitate to talk to your family doctor or a member of the clergy.
- Stick to your normal, daily routine and do not isolate yourself.
- Before you leave court you may want to get the names and numbers of at least two of your fellow jurors so that you can talk about the experience with someone who went through it with you.
- Remember that you are having a normal reaction to an unusual experience.
- Cut down on alcohol, caffeine or nicotine as these substances can increase anxiety and make sleep problems worse.
- Relax with deep breathing. Breathe in slowly through your nose and exhale slowly through your mouth. Slow your thoughts down and think about a relaxing scene. Continue deep breathing until you feel more relaxed.
- Increase your daily exercise, but not right before bedtime.

## Final Thoughts

The Judges of our Court thank you for your service which is critical to our criminal justice system. Resist negative thoughts about the verdict. It takes courage to serve on a jury and some cases that are violent and brutal are hard to cope with. Now that it is over it is important to get on with your life. If signs of distress persist for two weeks after jury service has ended you may wish to consult with your doctor.

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