
Tips for Coping after Jury Service

Thank you for serving Dallas County. Jury service can be rewarding; but, at times, can also be very stressful. You were asked to review testimony or evidence which may have been graphic in nature. Serving on a jury is not a common experience and may cause some jurors to have temporary symptoms of distress.

Not everyone feels anxiety or increased stress after jury duty. However, it may be helpful to be aware of the symptoms if they arise.

Some temporary signs of distress following jury duty include:

- Anxiety
- Difficulty sleeping
- Moodiness
- Change in eating habits (not eating, over-eating)
- Confusion and difficulty focusing or concentrating
- Withdrawal and isolation
- Fear or guilt
- Physical complaints (headaches, stomach aches, no energy, etc)
- Dwelling upon the details of the case
- Second guessing your verdict

Remember...There is no right or wrong way to react!

Some suggested coping skills include:

- Try to return to your normal routine as much as possible.
- Eat healthy food and drink plenty of water.
- Get plenty of rest/sleep.
- Talk about your feelings and concerns with family and friends.
- Don't isolate yourself.
- Exercise, take a walk, do anything physical – you'll sleep better.
- Avoid using alcohol; it can act as a depressant.
- Avoid overuse of caffeine; it is a stimulant and could increase anxiety.
- The more you talk about how you're feeling, the better you will feel.

Remember that you are having normal responses to an unusual experience.

If you are fearful of retaliation or are threatened after the trial, contact the court or law enforcement immediately. Coming to a decision is often not easy, but your participation in the judicial process was very much appreciated.

If, as a result of your jury service, you feel that you might benefit from additional counseling contact Chris Jenkins, Victim Witness Coordinator with the Dallas County District Attorney's Office at 214 653-3838 or cjenkins@dallascounty.org. She will ensure that you are referred to an agency for services. Again, thank you for your service to Dallas County.

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