



For Family & Friends

During and following a trial, jurors may experience strong physical and psychological reactions – also known as juror stress – from hearing emotional testimony, seeing graphic exhibits, participating in difficult jury deliberations and other factors.

For family and friends, it is important to offer support as jurors cope with these reactions. Some things you can do to help a juror are:

- Listen carefully
- Spend time with them
- Offer private time
- Help with everyday tasks like cleaning, cooking and caring for the family
- Don't take their anger or other feelings personally

Information adapted from ICISF

For more information or additional resources, contact Franklin/Fulton Mental Health/Intellectual & Developmental Disabilities/Early Intervention.

This service is provided free to jurors and remains confidential.



Franklin/Fulton Mental Health/ Intellectual & Developmental Disabilities/Early Intervention

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Juror Wellness & Self Care

39th Judicial District
Court of Common Pleas



Courtesy Of
Franklin/Fulton Mental Health/
Intellectual & Developmental
Disabilities/Early Intervention

Addressing Juror Stress

Serving as a juror can be frightening, frustrating, enjoyable, exciting or disappointing. Jurors can experience a variety of emotions that stem from several sources, including disruption of their normal routines, making a decision that affects the lives of others, and seeing or hearing evidence that is graphic or shocking in nature.

It is normal for people to experience a wide range of emotional or physical reactions. These responses may appear immediately after the event or some time later. They may last for a few days, a few weeks, or even longer. Don't worry; these are normal reactions to an unusual experience.

It's important to understand that, like the flu, your reactions will run their course and you will feel better in time.



Common Symptoms

As a juror, you may experience a range of emotions and reactions during or following jury duty. The following are some of the most common symptoms:

- Fear, panic, guilt, denial
- Anxiety
- Depression, sadness, grief
- Feeling hopeless or helpless
- Feeling numb or overwhelmed
- Inappropriate emotional responses
- Anger, agitation, irritability
- Excessive worry about others
- Changes in typical behavior
- Social withdrawal, silence
- Hypervigilance, suspiciousness
- Sleep disturbances, nightmares, flashbacks

- Headaches, nausea, diarrhea
- Difficulty concentrating and making decisions
- Avoiding thoughts, feelings or situations related to the event

Caring For Yourself

It's important to take care of yourself, both during and following the trial. Some helpful tips include:

- Eat regular meals, even if you don't feel like eating
- Get plenty of rest
- Exercise regularly
- Maintain your schedule
- Ask for help
- Don't make any major life decisions
- Set limits with others when you don't feel like talking