

# Signs of Stress

Stress reactions may manifest as physical (headaches, nausea, lethargy), mental (distractibility, inability to concentrate), emotional (anxiety, moodiness, or fear) or behavioral (increased isolation, drug or alcohol use).

These reactions may resolve themselves but it's important to recognize their existence so you can seek assistance should they persist.

## DO:

- Talk about your concerns with supportive peers and family, or even other jurors
- Acknowledge the experience bothered you
- Use relaxation techniques, such as deep breathing or yoga
- Get enough rest
- Maintain a good diet and exercise program
- Take time for leisure activities
- Follow a familiar routine
- Spend time with family and friends

## DON'T:

- Pretend everything is "o.k."
- Rely on drugs or alcohol
- Withdraw from family and friends
- Stay away from work
- Increase caffeine intake

"Trial by Jury is part of the bright constellation which leads to peace, liberty and safety."

-President Thomas Jefferson

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Sources consulted during the development of this brochure include the U.S. Department of Health and Human Services, the Center for Jury Studies at the National Center for State Courts, the American Academy of Psychiatry and the Law and the American Psychological Association.



Kendall County  
Texas

# After your Jury Service



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## Thank you for your jury service

Thank you for serving Kendall County as a juror. Jury service is an essential part of our justice system and can be very rewarding. Being on a jury can also be stressful. Your jury service probably disrupted your work and home schedule. It is possible you were asked to hear difficult testimony or review graphic evidence or images. People react differently to being exposed to such materials. For some, it may cause stress reactions which can occur hours, days, or even months later.

## Tips for After Jury Service

### Keep in Mind >>>

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, Sttomach 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!**



### Your Service is Important >>>

You have performed a service vital to our democracy. People may express their differing opinions on a verdict, but remember that you heard and considered all the evidence, and delivered a fair and impartial verdict.

This information is not intended as a substitute for medical advice. If you are experiencing a stress reaction, you can seek assistance from your physician, Employee Assistance Program, local community mental health center, a therapist, or a help line. You can also contact the Office of Jury Commissioner for assistance.

If you are fearful of retaliation or you are threatened after the trial, tell the court and/ or law enforcement immediately.



*We are with you every step of the way >>>*

*If, as a result of your jury service, you feel that you might benefit from counseling services, please contact Glennda Wilke or Liz Jimenez, Victim Witness Advocates with the Kendall County Criminal District Attorney's Office at (830) 249-9343 or [cda@co.kendall.tx.us](mailto:cda@co.kendall.tx.us). They will ensure that you receive assistance.*

*Again, thank you for your service to Kendall County.*