

To Share with Family & Friends

Jurors are not the only ones impacted by jury duty. Family and friends may notice a change during and after the juror has served. Do not be afraid to share this information with them, or ask for support.

Forms of support could include:

- Spending quality time
- Be open to listening
- Ask the best way to provide support
- Give space
- Provide household support
- Remember that emotions can be fluctuating, and it is not personal

Communicating your needs will help your friends and family understand how to support you.



Crisis Hotlines

There is always help!

Call 988 or call [insert local crisis hotline phone number here]



For more information and services



Behavioral Health Services

[Insert County Behavioral Health Services phone number and websites here]



Support for Inclusion

[insert county specific support lines for accessibility here (interpretation services, ASL, etc)]



Pennsylvania Interbranch Commission for Gender, Ethnic, and Racial Fairness

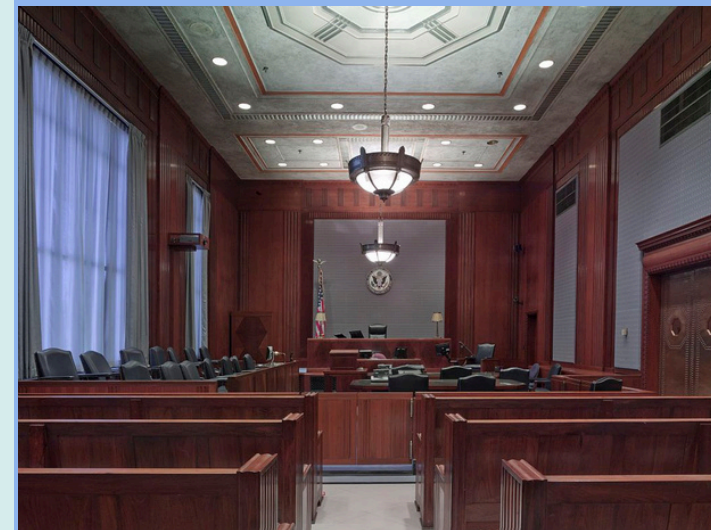
This pamphlet is available to all counties through PA Interbranch Commission's Jury Services Committee. For more information, please visit <https://pa-interbranchcommission.com/>

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County
Seal(s) here]



Juror Wellbeing & Self Care

**What you need
to know about
coping after
Jury Duty**



Jury Duty : Stress in the Line of Service

Serving as a juror may often come with a wide range of emotions. Whether it is the disruption to daily life, or bearing witness to graphic and shocking evidence, experiencing a wide variety of emotions is normal.

What is Vicarious Trauma?

Vicarious trauma is a term used to describe the experience of absorbing another person's pain and making it your own. When your own well-being is affected from hearing directly from victims, witnessing graphic evidence, or anything you experienced during your jury service, you may be experiencing vicarious trauma.



What Are Signs & Symptoms?

What Can Vicarious Trauma Look Like?

Symptoms may appear:

- Physically
 - Headaches
 - Disruption in Sleep & Eating Patterns
- Mentally & Emotionally
 - Outbursts of Anger or Sadness
 - Feelings of Guilt or Frustration
 - Intrusive Thoughts
- Socially
 - Isolation or Withdrawing from Normal Social Activities
 - Abnormal Conflicts with Family or Loved Ones
- Behaviorally
 - Disruption to Normal Activities
 - Trouble Completing Daily Tasks
 - Increased use of substances

**This is not a
comprehensive list.**



Self-Care & Jury Duty

How Do I Cope?

Self-care can begin during the trial and continue after the trial has ended. While self-care can look different for everyone, the following tips may be helpful:

- Exercise Regularly
- Eat at Regular Intervals
- Stay Hydrated
- Get Plenty of Rest
- Maintain a Schedule
- Ask for Help

Fluctuations in emotions can be normal and you are not alone. Just as you are uniquely you, signs and symptoms of stress or vicarious trauma will pass in a time that works for you.

**If symptoms are not
improving, or interfere
with your daily life,
please consult a
professional. Support
numbers are also listed
on the back of this
pamphlet.**