

Thank you

for your jury service

Thank you for your time and willingness to serve as a juror. The Indiana courts understand you had to adjust your schedule to participate in jury service and we are grateful for your contribution to making our system of justice work.

After jury service

While jury service altered your schedule, it can be a very rewarding experience. Each juror has their own takeaways from their jury service. Experiences depend on the length of the trial, type of evidence presented, and so on. Many times, jurors are glad to have served and get back to daily life. For others, they may experience some added stress as they return to their routines. Such responses are understandable and individualized. At right is information to help you identify signs of stress and tips to manage any stress that you may experience.

Signs of stress

- Low energy
- Changes in eating or sleep behavior
- Difficulty concentrating or making decisions
- Physical symptoms such as nausea, chest pain, shortness of breath
- Loss of Interest in hobbies and activities
- Fear or guilt around your decision
- Increased use of alcohol or drugs
- Isolating from family and friends
- Inability to meet the responsibilities of work or family
- Feeling very sad or hopeless
- Irritability

Resources for help

- Reach out to your medical provider, a counselor, pastor/minister, etc.
- Contact your Employee Assistance Program provider
- Connect with resources in your community: call **211**, or search online at **[in211.communityos.org](https://www.in211.communityos.org)**

988

988 offers a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress—whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.

Tips for managing stress

- Connect with others. It is important not to isolate yourself.
- Discuss your feelings with loved ones and friends.
- Resume your daily routines.
- Get active.
- Eat a healthy diet and get enough sleep.
- Keep a journal.
- Practice gratitude.
- Seek professional help if needed.