

Contact

- Visit us on the web:
mdcourts.gov/juryservice
- Contact your local jury office:
mdcourts.gov/juryservice/juryoffices

Additional resources

- Maryland Department of Health:
health.maryland.gov
- National Alliance on Mental Illness:
1-800-950-6264 or nami.org
- United Way Helpline:
1-800-233-HELP
- Substance Abuse and Mental Health Services Administration Helpline: 1-800-662-4357 or find a treatment program: findtreatment.samhsa.gov
- Contact your physician about local resources.

Please note: The information contained in this brochure is provided for general information purposes only and is not meant to be medical advice.

Tips for Coping with Stress

What is Stress?

Stress is a reaction to something that requires an adjustment or response and can be physical or mental. It is a part of life and we all deal with stress at some point in our lives. Even positive events can sometimes produce stress.

Temporary Signs of Stress

Jury service can be interesting and rewarding but also can be challenging or stressful for some people. For example, you may have reviewed testimony or evidence that was shocking in nature. For some, symptoms of stress may remain after a trial.

Not everyone feels anxiety or stress after jury duty; the experience is different for everyone. If you are experiencing signs of stress, please know this may be a temporary reaction and usually resolves itself. If symptoms do appear, be aware of common signs of stress.

- Anxiety, nervousness, or restlessness
- Decreased or increased appetite
- Difficulty concentrating
- Disconnecting from family or friends
- Physical ailments (headache, nausea, etc.)
- Reconsidering or rethinking your verdict
- Sleep changes or unpleasant dreams
- Using alcohol or drugs for stress relief

Techniques for Coping

- Discuss your feelings with family and friends
- Do some form of exercise
- Eat healthy foods and drink plenty of water
- Get plenty of rest
- Limit or avoid alcohol intake as it is a depressant
- Listen to relaxing or enjoyable music
- Meet with your spiritual leader
- Pray, meditate, or breathe deeply
- Reduce caffeine intake as it is a stimulant
- Return to your normal schedule as soon as possible
- Write your thoughts in a journal

Thank You

Thank you for fulfilling your jury service in the state of Maryland. Fulfilling your civic responsibility makes the administration of justice in our democracy and community strong.

