



JUROR SUPPORT & RESOURCES



10th Judicial District
Johnson County

Civic Duty

Thank you for serving your community. Your participation and attention was appreciated.

Serving as a juror is an uncommon experience. The responsibility of making decisions that impact others is not easy. You likely heard testimony and examined facts and evidence. Some jurors may have temporary responses to stress.

Stress responses are normal and should resolve over time. However, each experience is unique. If your response is overwhelming or worsens, you should consider implementing coping strategies.

Symptoms of Stress Response

PHYSICAL:	BEHAVIORAL:	EMOTIONAL:	COGNITIVE:
<ul style="list-style-type: none"> headaches/body aches nausea muscle tension changes in sleep & appetite loss of energy 	<ul style="list-style-type: none"> overusing alcohol or caffeine avoiding responsibilities increased conflicts social isolation over-working 	<ul style="list-style-type: none"> anxiety fear of guilt confusion mood changes anger or frustration apathy 	<ul style="list-style-type: none"> preoccupation with trial persistent negative thoughts about the verdict decreased attention loss of concentration memory problems

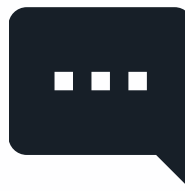
Coping Strategies

- Spend time with supportive people.
- Discuss your feelings and reactions with loved ones.
- Admit the experience is bothering you.
- Do not try to deny or avoid discomfort.
- Give yourself time to adjust.
- Practice good sleep and hygiene.
- Maintain a nutritious diet and hydration.
- Follow normal routines.
- Make time for leisure activities.
- Limit exposure to graphic material.
- Practice deep breathing.
- Seek professional help.



Take time to process.

Talk with trusted people.



Practice Self-Care.

Applications



My Resource Connect: A community resource hosted by Johnson County, KS



Calm: Helpful for meditation & sleep



Insight Timer: Helpful for sleep, anxiety, & stress



Healthy Minds: Mindfulness exercises

Helpful Resources

Your employer EAP or private provider

Johnson County Mental Health

(913) 926-4200

24/7 Crisis Hotline *Geolocation-specific

988

United Way *Mental Health Resources

211