Coping Tips after Jury Duty

It is important to remember that trauma reactions are normal reactions to extremely abnormal circumstances. It is difficult to predict what type of trauma reactions you could experience following your jury duty. It is important to allow yourself permission to have your reactions, and take care of them both by yourself and by asking for help from others, as best you can.

Do's

- Get enough rest
- Maintain a good diet and exercise program
- Make time to talk to supportive peers and family about the incident
- Take time for leisure activities
- Follow a familiar routine
- Spend time with family and friends
- Take one thing at a time
- Acknowledge the experience has bothered you
- Seek professional help if your symptoms persist
- Seek medical assistance if your physical symptoms concern you

Don't

- Drink alcohol excessively
- Use drugs or alcohol to numb the experiences
- Withdraw from family or close friends
- Reduce leisure activities
- Stay away from work
- Increase caffeine intake
- Have unrealistic expectations for recovery
- Look for easy answers
- Take on major projects right away
- Pretend everything is ok
- Make major changes in your life if you don't need to

This information is not intended to serve as medical advice. If your symptoms persist consult your physician.

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