

SEEKING HELP

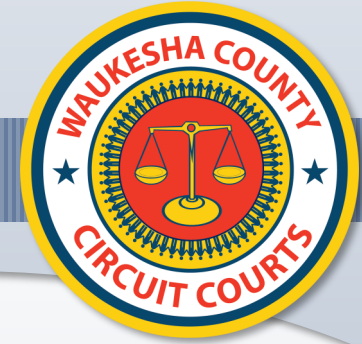
Consider seeking professional help if the stress responses to jury service are impacting you in the following ways:

- Inability to perform normal work or home activities
- Disruption in relationships
- Severity of stress responses remain the same or increase and coping strategies do not help
- Marked changes in sleep or mood

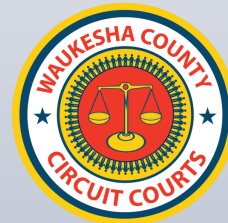
NEXT STEPS & RESOURCES

If you decide to seek help, consider the following options:

- Contact your Employee Assistance Program (EAP) or insurance provider to learn about counseling options.
- Talk with your physician.
- Seek help from your religious or spiritual leader.
- Dial 2-1-1 for mental health resources
- If you are in crisis, call Waukesha County DHHS Crisis Intervention Services at (262) 548-7666 during business hours or (262) 547-3388 during non-business hours.
- National Suicide Prevention Lifeline is available 24/7 at 1-800-273-TALK (8255).
- For TheHopeLine 24/7 Crisis Text Line, text “START” to 741741.
- If you are having trouble connecting with mental health services in your county, the Wisconsin Lawyers Assistance Program (WisLAP) may be able to assist you. WisLAP’s free and confidential information and referral service can help you locate a mental health provider by calling 1-800-543-2625 or emailing callwislap@wisbar.org.



Supporting the Well-being of Jurors During and After Jury Service

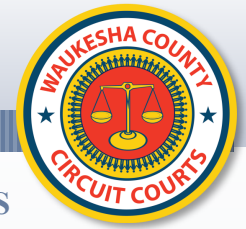


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THANK YOU FOR YOUR JURY SERVICE



A MESSAGE OF APPRECIATION

Waukesha County Circuit Court would like to recognize and thank you for your civic duty. As a juror, you have dedicated your time and attention to being an essential part of the justice system and serving your community. Serving on a jury can be a rewarding and unique experience.

JURY SERVICE & POSSIBLE RESPONSES

Jury service interrupted your normal routine. You were asked to take on the responsibility of making a decision that impacts the lives of others. You were likely asked to hear difficult testimony or review graphic evidence and images.

If you experience a stress response, sometimes referred to as “secondary trauma,” you may experience issues with physical, emotional, behavioral, and/or cognitive functioning. See the table below for some examples.

Some jurors will have reactions during the trial. Others will have no or minimal reactions days, weeks, months, or even later, after jury service. The stress caused by jury service should resolve over time. Each experience is unique.

If your response is overwhelming or worsens you should consider implementing the following coping strategies.

COPING STRATEGIES

If you are experiencing troubling responses during or after your jury service, there are things you can do to cope with these unwanted experiences.

- * Acknowledge the experience is bothering you. Do not try to deny or avoid discomfort.
- * Be aware of what you are telling yourself about your jury experience.
- * Allow yourself time to adjust.
- * Practice good sleep hygiene by following familiar routines.
- * Maintain a nutritious diet and make time for physical activity.
- * Spend time with family and friends and other supportive people.
- * Follow normal routines as much as possible.
- * Make time for leisure activities.
- * Consider how you have successfully coped with a difficult situation and implement those strategies.
- * Limit exposure to graphic material, (violence in movies or media).
- * Practice deep breathing exercises. Inhale...exhale.
- * Seek professional help

*RESPONSES JURORS MAY EXPERIENCE

PHYSICAL	EMOTIONAL	BEHAVIORAL	COGNITIVE
Headaches/body aches Nausea Muscle tension Sleep changes Appetite changes Loss of energy	Anxiety Fear or Guilt Confusion Mood changes Irritability or frustration Anger or sadness	Overusing alcohol or caffeine Disrupting normal activities Avoiding responsibilities Increased conflicts Social isolation Over-working	Doubt regarding decision Preoccupation with trial Decreased attention Loss of concentration Memory problems Distraction

If you experience these responses or others, please know **you are not alone.**