



# Understanding Normal Reactions to Jury Stress

## Serving on a jury

Stress is a normal part of life that everyone experiences at some time or another. Some may find that jury duty can be a stressful experience. Certain types of jury experiences may be more stressful than others.

Not everyone feels anxiety or increased stress during or after jury duty. It is important to understand your typical stress response and pay attention to prolonged changes you may have.

This pamphlet explains common reactions to stress, ways to cope, and who to contact should you feel you need help.



**Stress can affect everyone differently, both emotionally and physically. Some very common signs of stress are:**

- feeling more tired than usual
- headaches
- nausea and/or vomiting
- poor concentration
- feeling light headed
- difficulty sleeping
- loss or increase in appetite
- change in normal activity level
- irritability
- increased need for alcohol/drugs

**Sometimes after people have served on a jury they may also experience:**

- intrusive thoughts or images
- feelings of responsibility
- second guessing yourself

**Any signs of stress you feel related to your jury duty should get better over time, especially if you are:**

- eating well
- exercising
- sleeping well
- spending time with friends and family
- doing things you enjoy

**If after some time you feel your stress has not returned to its normal level please see your family doctor or seek other professional help.**



**You have performed a valuable  
and important public service.  
Take pride in your active  
participation in our justice system.**

**Thank you for being a jury member.**

**For more information, contact:**

**Manitoba Jury Office**

200 - 408 York Avenue

Winnipeg, Manitoba R3C 0P9

Phone: 204-945-6269