

## Thank You for Your Service

Your time as a juror helps ensure fairness and justice in our courts. Each person who serves plays a vital role in protecting the right to a fair trial.

Jury service can be meaningful, but it can potentially bring stress or strong emotions:

- Disrupting your routine or time with family and work
- Tense deliberations with fellow jurors
- Exposure to difficult or graphic evidence

These feelings are normal. This guide can help you recognize signs of stress and find simple ways to care for yourself after jury service.

Remember,  
*you are not alone.*  
As many as 50% of jurors  
can experience  
trauma-related symptoms  
after a trial concludes.

### Who We Are

The Jury Commission manages the jury selection process in accordance with state law and local court rules. Our mission is to ensure a **fair and impartial jury system**. We guide jurors, support employers and medical professionals, and assist the courts to make the process clear, efficient, and accessible for everyone.



<https://illinois17th.com/for-jurors/juror-information>



[Jury@17thCircuit.IllinoisCourts.Gov](mailto:Jury@17thCircuit.IllinoisCourts.Gov)



(815) 319-4880  
This is our office number, not an emergency line.



(815) 969-0274

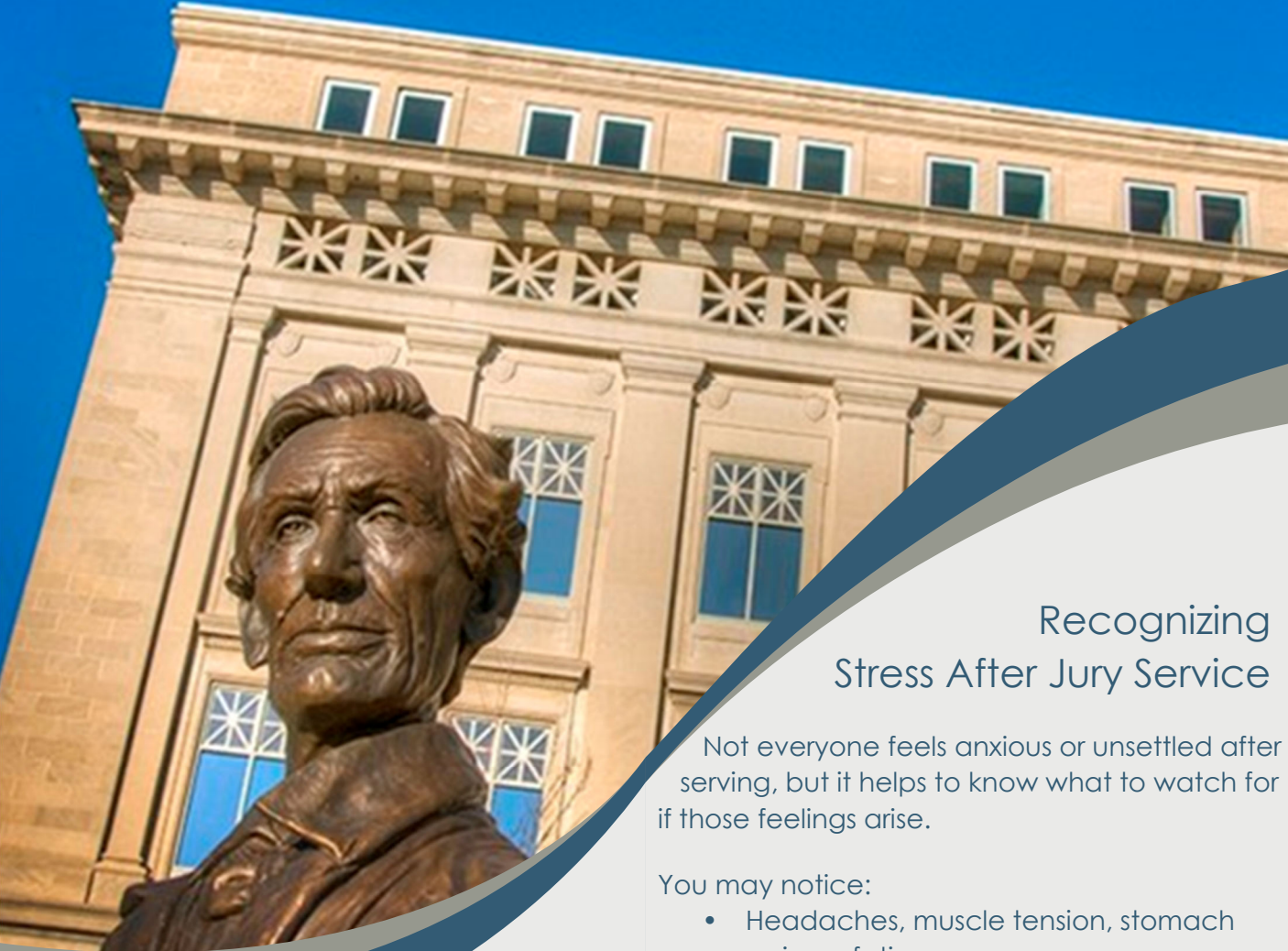


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## Managing Your Mental Health

After Jury Duty



## Recognizing Stress After Jury Service

Not everyone feels anxious or unsettled after serving, but it helps to know what to watch for if those feelings arise.

You may notice:

- Headaches, muscle tension, stomach pain, or fatigue
- Anxiety, sadness, or mood swings
- Changes in sleep or appetite
- Trouble focusing or remembering simple things
- Doubting your decisions or replaying parts of the case
- Avoiding people or wanting to be alone
- Difficulty discussing topics related to the case
- Turning more often to alcohol or drugs

These reactions may appear hours, days, or even months later — but they usually fade with time.

## Local Resources

**988:** Call or text 988 for confidential crisis support or chat at [988lifeline.org/chat](https://988lifeline.org/chat).

**Illinois Warm Line:** Call 866-359-7953 for non-crisis support, Mon–Sat, 8 a.m.–8 p.m.

**Local Counseling or Therapy:** There are many local providers who accept insurance.

## Coping With Juror Trauma

It's important to acknowledge what you're feeling and take steps to care for yourself as you recover.

- **Focus on self-care:** Eat well, rest, and stay hydrated to support your overall health.
- **Improve sleep:** Try calming activities, gentle music, or limiting caffeine in the evening.
- **Keep a routine:** Returning to your normal schedule helps restore balance. Avoid too much isolation.
- **Talk it out:** Share your feelings with family, friends, or a trusted professional or faith leader. Make sure that you are following directions when you are disclosing information.
- **Limit stress triggers:** Reduce alcohol, caffeine, and nicotine to ease anxiety and improve rest.
- **Connect with other jurors:** Stay in touch with people who served with you. Talking about your shared experience can help you process it.
- **Use what works for you:** Return to stress-relief techniques that have helped you in the past.
- **Be patient and kind to yourself:** Healing takes time, and everyone's process looks different.

If stress  
or difficult  
feelings persist,  
reach out to someone  
you trust for support.