

Being on a jury is rewarding, but it can be demanding. Listening to a victim's story, viewing evidence, or reading a graphic report can bring up many different feelings. While most jury duty is a low-stress experience, certain experiences are more likely to produce higher levels of stress and contribute to symptoms of vicarious trauma.

These feelings are common, natural, and often go away over time. Yet when they linger, they can impact our daily lives. This brochure provides information about symptoms and techniques to cope and manage those feelings.

If symptoms begin to cause difficulty in your daily life, please reach out to a professional.

Resources

Oregon



24/7 Suicide & Crisis Lifeline

Call or text 988
Chat online at [988lifeline.org](https://www.988lifeline.org)



Oregon Health Authority Crisis & Trauma Resources



Trauma Informed Oregon traumainformedoregon.org

Oregon Warmline (Toll-Free)
1-800-698-2392

Nationwide

National Association of Mental Illness

Call: 1-800-950-6264 | Text: 62640
Chat: [nami.org/help](https://www.nami.org/help)

TransLifeLine

Call: 1-877-565-8860

National Suicide Prevention Lifeline

Call: 1-800-273-8255
Press 1 for veterans, 2 para Español

Oregon Judicial Department

1163 State Street, Salem, OR 97301
503-986-5500 | ojd.info@ojd.state.or.us
courts.oregon.gov/how/pages/jury.aspx

After Jury Duty



What is Vicarious Trauma

Vicarious trauma describes the various mental, emotional, physical, and spiritual effects a person may suffer after witnessing or hearing about trauma experienced by someone else.

Vicarious trauma can show itself in different ways as each person has their own unique jury experience and emotional response. It is helpful to be aware of the symptoms and some strategies to cope if they arise.

Common Signs

- Replaying what you saw/heard/ experienced for days after
- Unwanted or recurring distressing thoughts from cases
- Difficulty with concentration or memory
- Feelings of strong guilt or pain for those who experienced the trauma
- Feeling numb, desensitized, or disconnected from others
- Unexplained vague heaviness in your shoulders, gut, or chest
- Feeling “spacey” or “zoning out” (dissociation)



Coping Skills



Process

Talking can help you work through the many mixed feelings after jury service.



Sleep

Sleep is the most effective tool to help the brain work at its optimum. Sleep reduces the brain's chemical signals that produce stress hormones.



Exercise & Nutrition

Moving your body releases endorphins, which are known to calm and heal the brain. The food we eat affects our brain health and our mood.



Community

Participate in activities that help you connect with others and cultivate a broader perspective in life.



Connection

If you suffer a sprained ankle, a doctor can help you heal properly. The same applies to your brain. Connect with a professional to help address mental, emotional, or physical pain.