

Grand Jury Service & Self-Care

A brief guide for your well-being



Please scan this QR code to access this short pre-service survey to further understand your experience and guide future programs.

Serving on a grand jury is important work. Some material you may review can be difficult or disturbing. This guide is here to remind you that **your well-being matters**—from day one.

What you might notice

Everyone responds differently. There is no “right” reaction.

You may experience:

- Feeling emotionally drained or unsettled
- Trouble sleeping or concentrating
- Strong reactions to certain images or details
- Wanting extra quiet or personal space

These responses are **normal** and **human**.

Simple Ways to Take Care of Yourself

You don’t need to do everything—just start small.

During the Day

- Take slow, steady breaths when things feel intense
- Drink water and eat regularly

After Court

- Give yourself time to decompress before jumping into other responsibilities
- Do something grounding (a walk, shower, music, time with pets)
- Limit additional stressful or graphic media

Caring for Your Emotional Capacity

3

- Notice your internal reactions without judging them
- Remind yourself that strong responses are a normal part of this work

Support Is Available

You are not expected to manage this alone.

In-house support is available to grand jurors during service.

You will receive more information soon, including a brief training and how to access support at any point.

For wellness support during grand jury service:

Matti.Girardi@mcda.us