



Juror Self-Care Worksheet

Why do I need to do this? It is very hard to think of what to do for yourself when things get tough. It is best to **have a plan ready** for when you need it.

What should be in it? You need to consider 3 general areas: what to do, what to think, and what to avoid.

1. Make a list of what you can do when you are upset that will be good for you.

- a. What will help me relax?

For example,

- Breathing, Muscle relaxation, Music
- Reading for fun, watching a movie
- Exercising, Taking a walk

- b. What do I like to do when I'm in a good mood? _____ •

List all the things you like to do so you remember what they are when you need to think of something to do.

- c. What can I do that will help me throughout the day?

For example,

- Avoid too much caffeine if feeling anxious
- Remember to breathe
- Watch my thoughts
- Stay in the moment

- d. Other: What else do YOU need to do that is specific to YOU?

2. Make a list of people you can contact if you need support or distraction. For example, your best friend, other friends, sibling, parent, grandparent, other relative, therapist, priest/minister/rabbi/imam, etc.

- a. Divide the list of people into categories by asking yourself the following questions:

- Who can I call if I am feeling depressed or anxious? • Who can I call if I feel isolated?

- Who will come over to be with me if I need company?
- Who will listen?
- Who will encourage me to get out of the house and do something fun?
- Who will remind me to follow my self-care plan?
- Other:

Notes:
