

Mission Statement

The mission of the Toledo Municipal Court is to hear and dispose of cases within the court's jurisdictional limits in a judicious and timely manner and provide opportunities for rehabilitation. The court's operation is defined by the federal and state constitutions, the Ohio Revised Code, the Toledo Municipal Code, State of Ohio Civil and Criminal Procedural Rules, and the Rules of Superintendence.



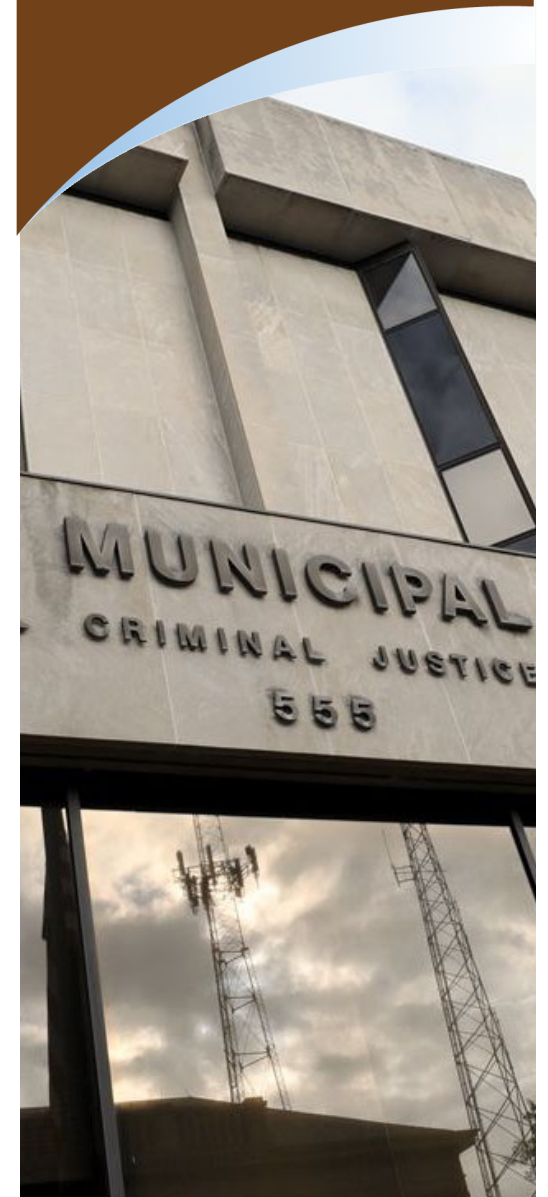
Toledo Municipal Court

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Toledo, OH 43604

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Toledo Municipal Court

Dealing with Juror Stress





Jury Service Experience


Serving on a jury is not a common experience, however, we appreciate you serving our community.

You will be asked to listen to testimony and to review and examine evidence and facts. .

We understand that making a decision is not an easy process, however we do appreciate your cooperation and participation in the process.

Throughout the process, you may experience juror stress. Juror stress refers to the physical and emotional reaction to jury service.

Juror Stress can be caused by a multitude of reasons at any stage throughout your jury service.



Coping Techniques for Juror Stress

After serving on a jury, you may experience emotional and physical symptoms of distress. This includes but is not limited to the following: anxiety, sleep or appetite change, fluctuation in mood, headaches, stomach aches, little to no energy, etc.

There are a multitude of ways to help cope when dealing with stress after serving on a jury. This includes, but not limited to the following: talk to someone, follow your daily routine thereafter, don't isolate yourself, cut down on alcohol, caffeine, and nicotine, relax with meditation/deep breathing, do "boring" activities before bedtime, listen to relaxation noises or relaxing music, etc. Do whatever decompression technique is best for you.

If signs of distress continue for two weeks or more after your jury service has ended, please consider contacting your physician.



Final Thoughts

Remember that Jury Service is a right that citizens have to engage in the judicial process.

Sometimes, it takes a lot of courage to serve as a juror. Sometimes the cases are violent in nature and can be hard to deal with throughout the process and thereafter. Just remember that the case is now over with and you did the best you could.

If you have been threatened, or are fearful of retaliation during or after the trial is over, please notify the court and/or local law enforcement immediately.

