



# Candidate Wellbeing





## Campaigning is fun

- Meet new people
- Gain new skills
- You get involved with SU activities
- You get to be your #1 fan!

## But it can be tough



- Lack of sleep
- Fatigue
- Putting yourself out there
- Hard
- Requires physical and mental energy

***How can we prevent burnout?***

# Make sure you...

- ✓ **Eat**
- ✓ **Drink**
- ✓ **Sleep!**



Let your friends know that you might need extra support during campaigning.

# Candidate Breakfast!



1	Candidate breakfast will be held every voting day in the SU from 9:30am – 11am!
2	Briefing will start at 10:30am. This is your chance to find out Election stats.
3	As a candidate running in the elections, you will have a choice of several breakfast items.
4	Come down for breakfast and to learn valuable information about voting!



# Contacts

For questions/queries, contact the Student Voice Team  
[voice@union.aston.ac.uk](mailto:voice@union.aston.ac.uk)

## **The Advice and Representation Centre if you need additional support**

- The ARC is always available in the SU all year round!

It is a great service which is open 10:00-16:00 Monday to Friday, with drop-in hours from 10:30-12:30pm.





Good  
luck!