

# CANDIDATE WELLBEING TIPS

## **Treat yourself after a hard day of campaigning**

Have a bath, make a tasty meal- something to replenish you and give you something to look forward to when you get home.

## **Be proud of yourself**

You've been nominated, you've written an entire manifesto, you've been to all the workshops and you've remained committed. If nothing else, that's something to be proud of. So don't underestimate yourself or devalue your achievements!

## **Switch off from campaigning when you get home!**

This might sound difficult and unachievable, but this year we have limited campaigning hours to 9am-10pm, rather than 24 hours a day. This means that you won't be at a disadvantage if you take a break after 10pm. Don't forget to **sleep!**

## **Celebrate your small victories**

Maybe you simply inspired someone to vote or listen to you today. Every little helps.

## **Look out for each other**

All the other candidates are going through the same thing. Let each other know if their posters fall down, take a group trip to Courtyard for lunch and spend time with different people, and use the chillout zone to take a break together.

## **Take 5**

Relaxing at any point during the elections period will be hard, but it's important to remember that 5 mins of down time, mindfulness, reflecting or simply sitting in silence every so often won't affect your campaign.

## **Meet Friends**

Plan to meet up with your friends, grab some food or a drink and just chat about anything other than elections.

## **Meal Prep**

Make some meals in advance so you just have to heat it up when you get home, or maybe budget a bit more so that you have money to spend on food on campus!

## **Remember to eat and drink plenty of water!**

This might sound silly now- "why would I forget to eat?" I hear you ask. But when it comes to it, you might be so busy that the smaller things are hard to keep track of. Carry some fruit and a big bottle of water with you as you go to keep you fit, healthy and energetic throughout your campaigning.

## **Treat yourself at the end of campaigning**

Whatever the result, you made it through elections. Whether you won or not, you worked hard, so that deserves a treat. Have a movie day or go out for lunch, bake a cake (then eat it), or do some sightseeing.



**Continued...**

## Write down your thoughts and progress

Chances are you'll learn a lot from campaigning or you might want to look back and remember what a great time you had!

## Keep laughing

You might feel stressed or nervous, so find something to make you laugh.

## Stay away from caffeine after 4:

As tempting as it can be to keep yourself energised with a coffee or Redbull, be sure to limit how much you drink in the afternoon. As tired as you may feel, loading up on caffeine this late in the day will only keep you awake all night and leave you feeling even more tired the next day.

If you're tired, try having a drink high in Vitamin C, like a Berocca (or supermarket equivalent). The vitamins really revitalise you without keeping you awake.

## Don't compare yourself to other candidates:

Just because candidate X went to a bigger lecture than you, that doesn't mean you're going to lose. The worst thing you can do is get caught up trying to one-up your competition. You're running based on your own individual merits, so make sure you showcase those. It's about the quality of interactions and engagements, not the quantity.

Also, if your cardboard has fallen down, it probably isn't sabotage, it's probably awful February weather. It can be tempting to presume people are out to get you, but that is so unlikely. Just put another sign back up and carry on with the amazing work you're doing.

## Know when to say no:

Lots of people will offer you advice during the election period, but you know yourself better than anyone.

If running across campus in 5 minutes to make that last lecture with a fellow candidate of the day is going to just leave you aching, don't be afraid to say no. If your mates are all going out one night and you're too tired, say no.

Play to your strengths, and put your own wellbeing and health first. Now is the best time to banish FOMO.

