



RUNNING FOR ELECTIONS: YOUR WELLBEING

Running for elections can be a very exciting, yet unknown process which you may not have experienced before. We know that there is a lot of time, work and effort that goes into preparation for campaigning. That's why it's vital to ensure that prioritising your wellbeing is at the top of your to-do list!

It's completely understandable that you will want to put your all into the election process, but there are a few things that you can do to ensure that you look after yourself during this time. After all, there is only one YOU!

If you start to feel stressed or anxious this can be very overwhelming and at times it can feel as though you don't know where's best to start in managing it.

Things you may notice when you begin to feel stressed or anxious:

IRRITABILITY

PROBLEMS SLEEPING

LOW ENERGY

HEADACHES

Previous election candidates have reported that they have spent lots of their day campaigning. Other candidates have:



FORGOTTEN TO EAT



**FORGOTTEN
TO SLEEP**



**FORGOTTEN
LECTURES**



WORRIED ABOUT OTHER CANDIDATES



LOST THEIR NORMAL ROUTINE

WE'RE HERE TO HELP

For advice and guidance on wellbeing, academic, finances, housing and International Support, email Guild Advice: guildadvice@guild.bham.ac.uk

The Student Voice team are here to support your welfare during Elections. Email: elections@guild.bham.ac.uk to arrange a chat via Zoom.



RUNNING FOR ELECTIONS: THE IMPORTANCE OF SELF-CARE

Taking care of yourself should always be a priority, especially during the election period when you will be busy with a full schedule and a lot to balance. It can be easy to forget to set aside time for self-care, but doing just one thing for yourself every day can really help! Here are a few things you can do:



PREPARE

Talk to Guild Officers and the Student Voice team and come along to candidate training and drop-in sessions to find out more about the elections. If you're prepared you're likely to feel less overwhelmed.



EXERCISE

Exercise releases endorphins which make you feel good and can also take your mind off your worries and distract you for a while. So... even if it's the last thing you feel like doing getting yourself up and moving can really help!



CONNECT WITH OTHERS

Connecting with others is a great way to shift your focus and increase positivity. Go out for a walk with a friend or ask someone close to you to check in with you regularly.



MAINTAIN A HEALTHY, BALANCED LIFESTYLE

Eat a healthy diet, avoid alcohol, cigarettes and drugs and get enough sleep. Establishing a positive routine can be really helpful.



HAVE SOME 'ME' TIME

Set aside some time to do something you enjoy, or just simply relax. This could be focusing on a hobby, going for a walk, or watching your favourite TV show!

SEEK SUPPORT IF NEEDED

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