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leadership elections



Wellbeing Guide

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Wellbeing Guide for Candidates

Running in the Leadership Elections is incredibly exciting, but can also feel pretty overwhelming. This handy guide is all about helping you as candidates check in with yourself throughout the election period!

Campaign vs Life Balance

Campaigning for the Leadership Elections can take up a lot of mental and emotional capacity. Setting boundaries is one of the most important ways to make sure you're getting a good campaign-life balance, and you can properly switch off and recharge.

- Setting physical boundaries - making time to have a break throughout the day, especially to eat lunch, is so important in looking after yourself. A great way of doing this is leaving campaigning areas when you're not campaigning, giving yourself that physical separation from campaigning and downtime.
- Emotional boundaries: don't feel pressured into uncomfortable discussions or situations. Set some emotional boundaries for yourself and preserve your mental wellbeing.
- Priority and workload: Although running in an election is a busy and exciting time, make sure you are still able to prioritize your degree, and don't overcommit yourself and take on more than you can handle. Try making an action and comms plan so you know what you're doing each day and you've allocated time for uni work and other commitments.
- Self-care: Outside of campaigning hours, look after yourself. Do something you enjoy, whether that's taking time to see friends or family, getting outdoors, playing sport, or taking time to chill away from screens. Finding time to do something for yourself is the best way to ensure you're staying well during Elections.

Tricky Situations during Campaigns Week

Running in the elections can sometimes involve dealing with difficult conversations and behaviour.

- Active listening. De-escalating situations by listening to voters' concerns is a great way to make them feel heard and valued.
- Maintain your boundaries. Establish your personal boundaries and don't feel pressured into uncomfortable situations or conversations.
- Don't let it knock you down. Running in an election is a challenging time, but try not to take setbacks personally or let it affect your wellbeing. Know when to pick your battles and when to walk away.
- Seek support. There's plenty of support available at the Students' Union and online in our Elections Hub, as well as the Advice Centre and Wellbeing Team.

Support Available

There's plenty of support available to help guide you through the Election season.

- Student Voice 121s: You can book 121s with Change and Insight Manager, Lauryn Fleming, where you can talk through your campaign plan and any election-based questions or concerns you may have.

So who can you reach out to throughout this Elections Period to find support and guidance?

- Your campaign team. Having a campaign team can be helpful logistically, but can also be a great support in sharing some of the emotional and mental weight of running in a campaign.
- Student Voice Team! We're here to support, answer questions and make sure things are all good throughout the Election Period.
- Advice Centre. A free and independent resource available for you to use if you have any general wellbeing worries or concerns.

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