



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



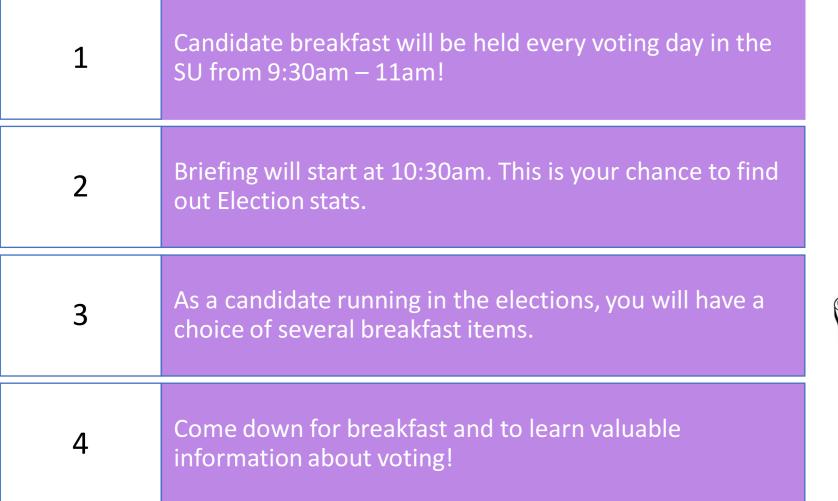
- Lack of sleep
- Fatigue
- Putting yourself out there
- Hard
- Requires physical and mental energy

How can we prevent burnout?





Candidate Breakfast!







Contacts

For questions/queries, contact the Student Voice Team 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!