



DITSU ELECTIONS



## Taking care of Yourself during the Election campaign!

Running for election is great craic, but it can be a very demanding experience on the candidate. It's important that you are prepared and make sure to look after yourself; here are some practical tips that will enable you to enjoy the exhilaration of the campaign trail and have a positive experience, regardless of the outcome.

- **Get organised** – get your campaign team together in good time and make sure to have a reliable campaign manager. Develop a practical plan how you intend to get elected - see DITSU resources and guides
- **Keep Perspective and don't neglect your college work** - work your campaign around your college timetable so that you keep up to speed with core lectures/labs etc. Let your Year Tutor and academic staff know that you are running for election to avoid stern emails wondering why you missed lectures etc. If you have any academic work due in the campaigning period, get it done in advance. DON'T PRESUME YOU'LL BE GIVEN AN EXTENSION
- **Get plenty of rest** - Try to wind down an hour before going to sleep by avoiding social media and your phone. You don't go from fifth gear straight to first gear when driving a car; your mind works similarly and needs time to slow down before sleep.
- **Eat well and regularly** - Always have a good breakfast. Avoid too much sugar and junk food as much as possible during the day; bring fruit/energy bars to keep yourself going between meals.
- **Drink loads of water** – Have a refillable bottle with you all the time so that you don't get dehydrated as you campaign. Don't overdo it on the caffeine, fizzy energy drinks.
- **Don't forget your charger** - Have your phone charger with you each day so that you're not stressing about flat batteries while you're on the move.
- **Weather Essentials** - Remember we're in Ireland. We can have droughts and floods in the same day so come prepared with your coat, rain gear wellies, deodorant and t-shirts.
- **Exercise** - get outside and breath in some fresh air to clear your head and keep yourself grounded. Exercise appropriately for your ability (if you've never jogged don't go signing up for a half marathon during your campaign). Moving improves you blood flow, energy levels and ability to be brilliant.
- **Be Mindful** - If you're feeling stressed take a Mindfulness Break. There are many resources and apps available such as [HeadSpace](#) with excellent exercises that will help you focus, gather your thoughts and maintain your positivity.



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- **Remember your support system** - Talk to your friends and family about things that may be bothering you.
- **DITSU and DIT have support systems too** - Drop by one of our DITSU Student Advisors offices for assistance, and remember you can also use:

DIT Health Centres [www.dit.ie/campuslife/studenthealthservice](http://www.dit.ie/campuslife/studenthealthservice) and;  
DIT Student Counselling Service <http://www.dit.ie/counselling/http:///>

We hope you enjoy this unique experience as much as possible.

Please see [www.ditsu.ie](http://www.ditsu.ie) for more information.

Remember it's the journey not the destination that matters.