

# From one teacher to another

## Learning to let go

In our annual *Teacher* magazine reader survey, we ask you to share one piece of advice with a fellow educator. In this infographic, we share some of the responses we received on the theme of learning to let go.

'It is okay to say no to extra work.'

'Don't sweat the small stuff.'

'Life is too short and your own wellbeing is more important than staying in a school that does not support you and allow you to grow - find your perfect fit.'

'Balance. Do what you can, not what you can't, and try the 80/20 rule - you don't have to do everything 100%.'

'Don't hold things too tightly, take each day as a new day and remember that as much as we put in a lot to teaching, and it may be a big part of who we are, it is not how we are completely defined as a person.'

'Pick your battles. Being a teacher doesn't mean you have to be friends with everyone you work with, but it also doesn't mean you should fight everything you don't agree with.'

'Do your best, put in the time and at the end of the day, know you have done your best. Try not to stress at home about what else there is to do!'

What would your piece of advice be?  
Share it with us at  
[teachereditorial@acer.org](mailto:teachereditorial@acer.org)

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