

# RELEASE THE PRESSURE

- Is there something I can drop for now to help me to relieve this pressure?
- Can I ask someone to help? Can I delegate to someone?
- Is this a priority now? Can I delay this for now?
- What can I do now to help myself?

**DROP**

**DELEGATE**

**DELAY**

**DO**



**Oide**

Tacú leis an bhFoghlaim  
Ghairmiúil i measc Ceannairí  
Scoile agus Múinteoirí

Supporting the Professional  
Learning of School Leaders  
and Teachers