

# Workplace Wellbeing

## Letting Go

Letting go involves accepting things as they are and moving on, but the process isn't always easy. In fact, as one of the biggest challenges we can face, letting go takes some practice.

## In this Module

Videoscribe explainer video, with professional audio (duration: 03:24)

English Subtitles

7 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Practice self-compassion.
2. Be open to new possibilities.
3. Build forward momentum.

