

Resignation Letter for Work-Related Health Deterioration

You may use the following template to formally notify your employer of your resignation due to health issues related to your work environment or duties.

[Your Name]

[Your Address]

[City, State, ZIP]

[Email Address]

[Phone Number]

[Date]

[Recipient's Name]

[Company Name]

[Company Address]

[City, State, ZIP]

Dear [Recipient's Name],

I am writing to formally resign from my position as [Your Job Title] with [Company Name], effective [last working day, typically two weeks from date above unless otherwise specified].

This decision comes after careful consideration, as I have been experiencing a deterioration in my health that appears to be directly related to the demands and conditions of my role. Despite my efforts to manage and overcome these issues, it has become clear that continuing in my current position would further impact my well-being.

Please know that this was not an easy decision. I am grateful for the opportunities and support I have received during my tenure at [Company Name]. My top priority now must be to focus on regaining my health and prioritizing my long-term well-being.

I will do my best to ensure a smooth transition and am happy to assist in training my replacement or handing over my responsibilities as needed.

Thank you very much for your understanding and support during this difficult time. I appreciate everything I have achieved and learned during my employment with [Company Name].

Sincerely,

[Your Name]