

# Resignation Letter Template for Stress-Related Health Problems

This **resignation letter template for stress-related health problems** provides a clear and respectful way to communicate your decision to leave a position due to health concerns caused by stress. It emphasizes professionalism and compassion, explaining the need to prioritize mental and physical well-being while maintaining goodwill with the employer. This template guides you in expressing gratitude for the opportunities provided, outlining your reasons for resigning without disclosing excessive personal details, and offering a smooth transition plan to support the organization during your departure.

## Resignation Letter Template

[Your Name]

[Your Address]

[City, State, ZIP Code]

[Email Address]

[Phone Number]

[Date]

[Manager's Name]

[Company Name]

[Company Address]

[City, State, ZIP Code]

Dear [Manager's Name],

I am writing to formally resign from my position as [Your Position] with [Company Name], effective [Last Working Day, typically two weeks from the date above].

This decision was not made lightly. Due to ongoing health concerns related to stress, I believe it is in the best interest of my well-being to step down and focus on my recovery. Please understand my resignation is necessary to prioritize my mental and physical health.

I want to express my sincere gratitude for the opportunities, support, and professional growth I have experienced while working at [Company Name]. I have greatly enjoyed being part of the team and appreciate all that I have learned during my tenure.

I am committed to ensuring a smooth transition and will do my utmost to complete any outstanding tasks and assist in handing over my responsibilities. Please let me know how I can support the team during this period.

Thank you so much for your understanding and support regarding my decision. I wish [Company Name] continued success in the future.

Sincerely,

[Your Name]