

# Resignation Letter Template Due to Workplace Stress

This **resignation letter template because of stress at workplace** provides a professional and respectful way to communicate your decision to leave your job due to overwhelming workplace stress. It helps you express your reasons clearly while maintaining a positive tone, ensuring that your resignation is understood without burning bridges. This template is ideal for individuals seeking to prioritize their mental well-being and transition smoothly to a less stressful environment.

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## 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] at [Company Name], effective [Last Working Day, typically two weeks from the date above].

This decision has not come easily, but after much consideration, I have come to realize that the current level of workplace stress has significantly impacted my health and well-being. Despite my best efforts to manage and cope with these challenges, I believe that stepping away at this time is necessary for me to prioritize my mental and physical health.

I am grateful for the opportunities and experiences I have gained while working with [Company Name]. I appreciate the support and guidance from my colleagues and management, and I have learned much during my tenure here.

Over the next [notice period], I am committed to ensuring a smooth transition. I will do my utmost to complete pending tasks and assist in the handover process as needed.

Thank you for your understanding and support. Please let me know if there is anything specific I can do to make this transition easier.

Sincerely,  
[Your Name]