

Resignation Letter Template: Work Stress and Health Problems

Date: [Insert Date]

Dear [Supervisor'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 was not made lightly. Due to ongoing work-related stress and health concerns, I believe it is in my best interest to step down from my duties and focus on my well-being and recovery. After careful consideration, I have come to realize that prioritizing my physical and mental health is necessary at this time.

I want to express my sincere gratitude for the opportunities for growth and development I have experienced while working at [Company Name]. I appreciate the support and guidance provided by you and the entire team throughout my tenure.

I will do my best to ensure a smooth transition and will complete any outstanding tasks before my departure. Please let me know if there is anything specific I can assist with during this period.

Thank you for your understanding and support regarding my decision. I wish the company continued success in the future.

Sincerely,

[Your Name]