

Resignation Letter Template: Due to Chronic Stress and Emotional Fatigue

[Your Name]
[Your Address]
[City, State ZIP Code]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Recipient's Title/Position]
[Company/Organization Name]
[Company Address]
[City, State ZIP Code]

Dear [Recipient's Name],

I am writing to formally resign from my position as [Your Position] at [Company/Organization Name], effective [your last working day, typically two weeks from the date above]. This decision has not come easily and follows much reflection on my current circumstances.

Over the past several months, I have experienced increasing levels of chronic stress and emotional fatigue due to ongoing challenges in the workplace. Despite my efforts to manage and adapt to these stressors, I have reached a point where I must prioritize my health and overall well-being.

I am truly grateful for the opportunities I have had during my time at [Company/Organization Name]. I appreciate the support and guidance from you and the rest of the team. However, after careful consideration, I believe that stepping away from my role is necessary to focus on my recovery and to preserve my mental and emotional health.

I will do everything possible to ensure a smooth transition. Please let me know how I can assist with handing over my responsibilities during my notice period.

Thank you for your understanding and support in this matter. I sincerely hope that my decision can contribute to broader discussions on fostering a healthier, more supportive work environment for all employees.

Yours sincerely,
[Your Name]