

# Resignation Letter for Stress-Induced Health Issues

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

[Recipient Name]  
[Company Name]  
[Company Address]  
[City, State, ZIP Code]

Dear [Recipient 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 been made lightly, but, after careful consideration and consultation with my healthcare provider, I have determined that it is necessary due to health complications resulting from ongoing stress.

Unfortunately, the level of workplace stress has significantly impacted both my mental and physical well-being. To prioritize my health and facilitate my recovery, stepping away from my role is essential at this time. Please understand that this decision is based solely on my need for personal well-being and is not a reflection on the company, my colleagues, or management.

I am committed to ensuring a smooth and efficient transition. Over the course of my remaining time, I will do everything I can to complete outstanding tasks and train my replacement if required.

I sincerely appreciate the opportunities and support I have received during my time at [Company Name], and I am grateful for my experiences here. I hope to stay in touch and wish the team continued success in the future.

Thank you for your understanding and support during this difficult time.

Sincerely,

[Your Name]