

Resignation Letter Template: Overwhelming Stress at Workplace

Date: [Insert Date]

To,
[Supervisor's Name]
[Company Name]
[Company Address]

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 has not been an easy decision for me, but after careful consideration, I have concluded that the current demands and stressors of my role have become overwhelming and unsustainable for my health and well-being. Despite my best efforts to manage the situation, the ongoing pressure has begun to significantly impact my mental and physical health.

I am grateful for the opportunities for growth and development I have received during my tenure. I deeply appreciate the support from my colleagues and management, and I value the experiences I have gained while working here.

Please let me know how I can assist to ensure a smooth transition during my notice period. I hope to leave my responsibilities in order and support finding or training my replacement if needed.

Thank you for your understanding. I wish the team and the company continued success in the future.

Sincerely,
[Your Name]