

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

[Hiring Manager's Name]  
[Company Name]  
[Company Address]  
[City, State ZIP Code]

Dear [Hiring Manager's Name],

I am writing to express my interest in the [Position Title] position at [Company Name], as advertised on [where you found the job posting]. With a background in [your field or area of expertise] and a passion for [key skill or value relevant to the job], I am excited about the opportunity to contribute to your team.

You may notice a gap in my employment history from [Month, Year] to [Month, Year]. During this period, I prioritized my mental health and well-being. This experience allowed me to develop valuable skills in resilience, self-management, and adaptability. I am proud to say that I have emerged from this time better equipped and more motivated than ever to bring my skills and enthusiasm to a professional setting.

Prior to this break, I held the position of [Previous Job Title] at [Previous Company], where I [describe an achievement or responsibility relevant to the new position]. I am confident that my professional skills, combined with the renewed perspective I have gained, make me a strong candidate for your team.

I am eager to bring my expertise in [mention key skill(s) relevant to the new position] to [Company Name], and I look forward to contributing positively to your organization. Thank you for considering my application. I would welcome the chance to discuss how my background, abilities, and determination align with the needs of your team.

Sincerely,  
[Your Name]