

# Resignation Letter Due to Work-Related Stress and Anxiety

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

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

Dear [Manager'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 has not come easily, but after thoughtful consideration, I have concluded that my current work situation has led to significant stress and anxiety, which have begun to impact my mental and physical well-being.

While I have appreciated the opportunities for growth and collaboration provided to me during my time here, the overwhelming demands and ongoing pressure have made it difficult for me to maintain my health. I believe it is in the best interest of both myself and the company that I step down to focus on recovery and personal well-being.

I am committed to ensuring a smooth transition and will do my best to complete outstanding tasks and transfer my responsibilities before my departure. Please let me know if there is anything I can do to help during this period.

Thank you for the support and opportunities during my tenure at [Company Name]. I wish the organization continued success in the future.

Sincerely,  
[Your Name]