

## Resignation Letter Sample Due to Extreme Work Pressure

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

[Recipient Name]  
[Their Position]  
[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 an easy one, but after thorough consideration, I have concluded that the extreme work pressure I have been experiencing has significantly impacted my well-being and overall health. While I have done my utmost to meet the demands of my role, I believe it is in my best interest to prioritize my mental and physical health at this time.

I want to express my gratitude for the opportunities I have had during my tenure at [Company Name]. I have enjoyed working with my colleagues and appreciate the professional growth I have gained here. Please let me know how I can assist in ensuring a smooth transition during my remaining period of employment.

Thank you for your understanding. I hope to maintain a positive relationship going forward, and I wish the company continued success.

Sincerely,  
[Your Name]