

# Stress Leave Application

Date: [Insert Date]

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

Dear [Manager's Name],

I am writing to formally request a leave of absence due to stress-related health issues. My doctor has advised me to take time off work to focus on recovery and manage my mental health.

As per the medical advice, I will require a leave starting from [Start Date] to [End Date]. Attached to this letter is the medical certificate from my healthcare provider, confirming the necessity of this leave.

I appreciate your understanding during this difficult time, and I assure you that I will keep you updated on my progress. Thank you for considering my request.

Sincerely,  
[Your Name]  
[Your Position]  
[Your Contact Information]

Attachments:  
- Medical Certificate