

Justification Letter for Mental Health Day

Date: [Insert Date]

To Whom It May Concern,

I am writing to formally inform you that I will be taking a mental health day on [Insert Date]. As a freelancer, it is essential for me to maintain my mental well-being in order to continue delivering high-quality work.

Mental health is a crucial component of overall well-being, and after reflecting on my current workload and the need for self-care, I believe that taking this day off will allow me to recharge and return with renewed focus and energy.

I appreciate your understanding and support regarding this matter. Please feel free to reach out if you have any questions or require further details.

Thank you for your understanding.

Sincerely,

[Your Name]

[Your Contact Information]