

# Resignation Letter for Emotional Recovery

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Manager's Name]

[Company's Name]

[Company's Address]

[City, State, Zip Code]

Dear [Manager's Name],

I am writing to formally resign from my position at [Company's Name], effective [Last Working Day, typically two weeks from the date above].

This decision comes after much contemplation and is motivated by the need for personal emotional recovery and balance in my life. It is important for me to take this time to focus on my wellbeing.

I appreciate the opportunities that I have had during my time at [Company's Name] and the support I have received from you and my colleagues. I am grateful for the experiences and growth I have gained here.

I will ensure that all of my responsibilities are handled smoothly before my departure and will assist in the transition process as needed.

Thank you for your understanding. I wish [Company's Name] continued success in the future.

Sincerely,

[Your Name]