

# Resignation Letter Due to Burnout

Date: [Insert Date]

To [Manager's Name],

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

After much consideration, I have come to the conclusion that I need to prioritize my mental and physical well-being. Over the past few months, I have experienced significant burnout that has impacted my ability to perform at my best.

I am grateful for the opportunities I have had while working with you and the team. This decision was not easy, but I believe it is necessary for my health and future.

Thank you for your understanding and support during this time. I hope to leave on good terms and wish the company continued success.

Sincerely,

[Your Name]

[Your Contact Information]