

# ADA Accommodation Request for Stress Management Tools

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Recipient's Name]

[Company/Organization Name]

[Company Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally request accommodations under the Americans with Disabilities Act (ADA) for stress management tools that I require to effectively perform my job responsibilities. Due to [briefly explain your condition, e.g., "my diagnosed anxiety disorder"], I have been facing challenges in managing stress in the workplace.

To help me perform my job to the best of my ability, I am requesting the following accommodations:

- Access to stress management resources such as [list specific tools, e.g., meditation apps, relaxation spaces, noise-canceling headphones].
- The option to work in a flexible environment or remote work capabilities when needed.
- Regular check-ins with a supervisor to discuss workload and stress levels.

I believe these accommodations will enable me to maintain productivity while managing my stress effectively. I am committed to my work and want to ensure that I can perform at my highest capacity.

Thank you for considering my request. I am open to discussing this matter further and would appreciate your support in facilitating these accommodations.

Sincerely,

[Your Name]