

Job Application for [Position Title]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Your Email]

[Your Phone Number]

[Date]

[Hiring Manager's Name]

[Company's Name]

[Company's Address]

[City, State, Zip Code]

Dear [Hiring Manager's Name],

I am writing to express my interest in the [Position Title] at [Company's Name] as advertised on [Where You Found the Job Posting]. With my background in [Your Field/Industry] and a strong commitment to [Relevant Skills/Values], I believe I would be a valuable addition to your team.

I would like to address a significant employment gap in my resume between [Start Date] and [End Date]. During this period, I focused on prioritizing my mental health through [brief description, e.g., therapy, self-care, or any relevant programs]. This experience not only provided me with valuable insights into well-being and resilience but also reinforced my ability to manage challenges effectively. I am now fully prepared and motivated to re-enter the workforce, armed with renewed energy and perspective.

I am particularly drawn to this position at [Company's Name] because [specific reasons related to the company or position]. I am excited about the opportunity to contribute to your team and to apply my skills in [mention relevant skills or experiences].

Thank you for considering my application. I look forward to the opportunity to further discuss how I can contribute to your organization. Please feel free to contact me at [Your Phone Number] or [Your Email].

Sincerely,

[Your Name]