

Letter of Distress Over Workplace Wellbeing

Date: [Insert Date]

To: [Manager's Name]

Company: [Company Name]

Address: [Company Address]

Dear [Manager's Name],

I am writing to express my concerns regarding the current state of wellbeing within our workplace. Over the past few weeks, I have noticed an increase in stress levels among colleagues, which I believe is impacting our overall morale and productivity.

Specifically, I have observed [briefly describe specific instances or issues, e.g., increased workload, lack of resources, communication breakdowns]. These challenges not only affect our individual performance but also hinder collaboration and team spirit.

It is important for all of us to feel supported and valued in our work environment. I believe that addressing these concerns will lead to a healthier and more productive workplace for everyone. I kindly request that we explore possible solutions, such as [suggest specific initiatives or changes, e.g., team-building activities, wellness programs, regular check-ins].

Thank you for taking the time to consider this matter. I am hopeful that we can work together to create a more supportive workplace for all employees.

Sincerely,

[Your Name]

[Your Position]

[Your Contact Information]