

Medical Leave Request for Stress Management

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, ZIP Code]

[Email Address]

[Phone Number]

[Recipient Name]

[Company Name]

[Company Address]

[City, State, ZIP Code]

Dear [Recipient Name],

I am writing to formally request a medical leave of absence due to stress management issues. After consulting with my healthcare provider, it has been recommended that I take time off to focus on my mental well-being.

I would like to request leave starting from [Start Date] to [End Date]. I will ensure that all my responsibilities are delegated appropriately and will provide any necessary assistance in transition during my absence.

Thank you for your understanding and support during this time. Please let me know if you need any further information or documentation regarding my leave.

Sincerely,

[Your Name]