

Resignation Letter

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Manager's Name]

[Company's Name]

[Company's Address]

[City, State, Zip Code]

Dear [Manager's Name],

I am writing to formally resign from my position at [Company's Name], effective immediately. This decision has been made due to the overwhelming stress I have been experiencing in the workplace.

While I have appreciated the opportunities and experiences provided to me, my well-being has been significantly impacted, and I believe this is the best decision for my health.

I am grateful for the support and guidance I have received during my time here. I hope to maintain positive relations and wish the team continued success.

Thank you for your understanding.

Sincerely,

[Your Name]