

Dear [Manager's Name],

I am writing to formally resign from my position at [Company Name], effective [Last Working Day]. This decision has not been easy, but it is necessary for my mental well-being and personal health.

Over the past months, I have realized that I need to prioritize my mental health and take the time to focus on self-care. I am grateful for the opportunities I've had during my time at [Company Name] and appreciate the support from you and the team.

I will do my best to ensure a smooth transition over my remaining time here. Please let me know how I can assist in this process.

Thank you for your understanding.

Sincerely,
[Your Name]
[Your Contact Information]