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# Resignation Letter for Stress Reasons

Dear [Manager's Name],

I hope this letter finds you well. After much introspection and consultation, I've come to the decision to resign from my position at [Company Name] effective [last working day]. Over the past few months, I've faced increasing levels of stress that have started to impact both my mental and physical health.

I genuinely cherish the memories and experiences I've gathered during my tenure here. The decision to resign wasn't an easy one, but I believe it's essential for my well being. I'm keen to ensure a smooth transition and will do my utmost to assist in any way I can.

Thank you for the opportunities and understanding.

Warm regards,

[Your Name]