[Your Name]

[Your Address]

[City, State, ZIP Code]

[Email Address]

[Phone Number]

[Current Date]

[Recipient's Name]

[Recipient's Position]

[Company Name]

[Company Address]

[City, State, ZIP Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to inform you of my decision to resign from my position as [Your Position] at [Company Name], effective [Last Working Day, typically two weeks from the date of the letter].

This decision has not come easily to me, as I have thoroughly enjoyed my time at [Company Name] and admired the team's commitment to excellence. However, after careful consideration and consultation with my healthcare professionals, I have concluded that it is in my best interest to prioritize my health and well-being at this moment.

Over the past few months, I have been grappling with a combination of health issues and escalating stress levels. Despite my sincere efforts to manage these challenges, they have begun to take a toll on my physical and mental well-being. It has become increasingly clear that I need to take a step back and focus on recovery, both physically and emotionally.

I am grateful for the support and guidance I have received from my colleagues and superiors during my tenure at [Company Name]. The professional growth and opportunities I have experienced here have been invaluable to my career. I am genuinely appreciative of the trust placed in me and the collaborative environment that has allowed me to thrive.

To ensure a smooth transition, I am committed to completing any outstanding projects or tasks to the best of my ability before my departure. Additionally, I am more than willing to assist in the training and handover process for my successor. Please let me know how I can be of assistance during this transition period.

I am hopeful that, with adequate rest and treatment, I will be able to regain my health and return to the workforce in the future. However, at this point, I firmly believe that taking a step back and focusing on my recovery is the most responsible course of action.

I would like to express my deepest gratitude for the opportunities, camaraderie, and support that I have received while working at [Company Name]. I am sincerely thankful for the invaluable experience, mentorship, and friendships that have enriched my professional journey.

To conclude, I would like to extend my heartfelt thanks to you and the entire team at [Company Name]. Please accept my resignation due to health and stress, effective [Last Working Day]. It is my hope that the company continues to flourish and achieve even greater success in the future.

Thank you for your understanding and support during this challenging time. I am confident that our paths will cross again, and I look forward to maintaining a professional relationship with [Company Name] in the future.

Wishing you and the team continued success.

Sincerely,

[Your Name]