
Immediate Resignation Letter Due to Stress

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Today's Date]

[Employer's Name]

[Company Name]

[Company Address]

[City, State, Zip Code]

Dear [Employer's Name],

With a heavy heart, I submit my immediate resignation from my role as [Your Position] at [Company Name], effective as of today. The decision stems from the significant stress I have been experiencing, which has adversely affected my health and well-being.

I have taken this decision after much consideration and believe it is in the best interest of both my health and the company to step down now. I am grateful for the understanding and support from my team and the opportunities for professional growth provided during my time at [Company Name].

I regret any inconvenience my immediate departure may cause and am willing to assist in the transition process to the best of my ability under the circumstances.

Thank you for your understanding.



Sincerely,
[Your Name]