

Sample Resignation Letter Due to Stress

Greta Garland
65 Hamilton Lane
Tupelo, MS 54774
(000) 434-9874
g.garland @ email . com

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Mr. Raymond Fox
Marketing Director
PIP Inc.
7 Post Avenue
Tupelo, MS 66321

Dear Mr. Fox:

I am writing this letter to inform you of my decision to resign from my position as Marketing Manager at PIP Inc. As per my contract terms, I am providing a 30 days' notice of my intent to leave. November 10 will be my last working day.

Over the past few months, I have been extremely depressed due to a lot of reasons. Some personal and some work-related. This amalgamation has wreaked havoc on my mental and emotional health. In fact, it is threatening to affect my work. Given these points, I believe that it is in the best interest of both me and the company that I resign so that no harm is done on either side.

I am truly grateful to you for providing me with a chance to work at PIP Inc. and training me well to do the job. I hope that you can find a replacement for me soon so that I can provide assistance in training him or her before I leave.

Sincerely,

(Signature)
Greta Garland