**Sample Resignation Letter due to Work Stress**

Mr. Nate Collins

123, Spring Towers

Texas, United States of America

September 10, 2022

Mr. Harry Lit

78, Double Towers

Texas, United States of America

Subject: Immediate resignation due to stress at work

Dear Mr. Harry,

With all due respect, please accept this letter as a formal resignation from my side from the position of marketing manager effective from September 15, 2022. I am sorry for not being able to give a prior notice of one month as per the contract.

I have not been feeling well lately. Both my mental and physical health have been draining due to excessing stress at the office. I have been getting panic and anxiety attacks because of not being punctual for deadlines and underperforming my potential. I have decided to prioritize myself over everything else right now which seems the only best thing to do. For this, I have no option left but to leave the job.

This company has given a lot to me and my career. My seniors and colleagues are the reason why I have grown up to be the person I am today. I will always cherish this part of my journey.

Regards,

Nate Collins

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