**To Place:**  
The Manager, Date:  
Company Name,  
Address.

Sub: Resignation with immediate effect due to stress.

It is with great sadness, I would like to resign from my position as a **[job title]** with immediate effect. I have recently undergone **heart surgery**, and two stents were placed in my blood vessels.

Therefore I cannot able to perform tasks that require high physical activity. My deepest apologies for resigning all of a sudden.

I will be really grateful to you if you approve my resignation with immediate effect i.e one to two days.

Thank you for giving me the opportunity to learn and grow.

Hoping for your kind understanding and consideration.

Thanking you.

Regards,  
Your name.