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

Sub: Resignation because of health issues.

Dear Sir/Madam,

I would like to inform you that I am resigning from my position as a **[job title]** at **[company name]** effective from **[date]**.

Recently I have been noticing several health issues like sleep problems, high blood pressure, and heartburn. After consulting the doctor, I realized my job stress is the main cause of all my health problems.

I have really enjoyed working at **[company name]**, however, due to health reasons I have to take this decision to resign.

Please consider this as my one-month notice and approve my resignation. Thank you so much for all the opportunities.

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Thanking you.

Kind Regards,  
Your name.