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

Sub: Resignation due to stress.

Dear Sir/Madam,

I am deeply saddened to inform you that I will be resigning from my job as a ………………. position at company name, effective from **[date]**. Don’t take me otherwise, the long working hours and heavy workload are causing me a lot of stress.

I am suffering from sleep problems and chest pain. My doctor advised me to reduce the stress otherwise it may lead to panic attacks. Therefore I want to resign and take some time to recover completely.

Kindly treat this as my one-month notice and accept my resignation.

Thanking you.

Regards.  
Your name.