Short Notice Resignation Letter

**Dear Mrs. Miller  
   
I am tendering my resignation effective today.  
   
Working here for the past 7 years has been very beneficial to me in many ways, so this was not an easy decision to make. I am, regrettably, no longer able to tolerate the level of stress that comes with the job.  
   
I do not wish to itemize these reasons because they have been reported to HR several times, and nothing has been done about it. I understand that my resignation forfeits retirement benefits, but I am willing to sacrifice that for my peace of mind.  
   
With that being said, I want to thank you especially for making my good times here memorable, and for your understanding during my low periods. I wish you all the success.  
   
Sincerely,  
   
[Insert signature]**