

Lyzah A. Regala

Customer Service Representative

Iploy, OPC

March 17, 2025

Dear Jessel Rober,

I hope this message finds you well. After careful consideration, I am writing to inform you that I am resigning from my position at Iploy, OPC, effective immediately. This decision comes after much reflection, and I believe it is in the best interest of my well-being.

The more I stay with the company, the heavier the weight of my responsibilities has become. I find myself overthinking constantly, questioning whether what I'm doing is correct. This constant cycle of overthinking has led to sleepless nights and days, leaving me mentally drained. In addition, I have responsibilities at my aunt's house that I can no longer neglect.

I've come to the conclusion that it's time for me to take a step back and focus on myself. I need to rest, reconnect with the passionate and productive version of myself, and work on my mental and emotional well-being. I've realized that for once, I need to choose myself and prioritize my health over everything else. It's important that I take time to fix my present self, so I can be better equipped to face the future.

Please understand that this decision was not made lightly, and I ask that you not judge me for it. If you believe what I'm experiencing right now is easy or manageable, I genuinely wish I had your mindset. The mental toll and the emotional weight I've been carrying have made it clear to me that this is the best choice for my personal growth and health.

I want to express my deepest gratitude for the opportunity to be part of this amazing company. It has been an honor to work here, and this company will always be special to me as my first and last BPO experience.

Thank you for your understanding, and I wish everyone at Iploy continued success.

Sincerely,


LYZAH A. REGALA