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iPLOY OPC
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Archbishop Reyes Avenue, Cebu City
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To Whom It Mat Concern,

I hope this letter finds you well. After much thought and 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 the best interest of my well-being.

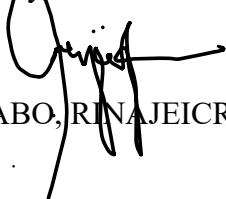
The recent calamity in Cebu including the earthquake and typhoon has significantly affected my physical, emotional, and mental health. It triggered my anxiety and my mental health issues. I was sick for two days after the earthquake due to stress. Although I have recovered from that traumatic experience, the recent flooding in my previous residency has stirred my mental health once more. There were moments that we dealt both earthquake and the flood on same time, which was tremendously stressful. Although I have relocated to solve the flooding issue and have not dealt with it anymore, the trauma still lingers on my being. I constantly found myself edgy and worried most of the time. I have trouble sleeping that I have been reliant to sleeping pills and antihistamines in order to put myself to sleep.

Due to severe stress that I have been dealing lately, I am no longer in the condition to continue performing my duties effectively. I recently found myself sleepy in the production floor and constantly in clinic to take naps. The emotional issues I am dealing have made me incompetent and inefficient in my work. Every day, I feel burnout and lost interest in everything I do. I realized that I need to prioritize my health and recovery, and stepping away from my position is the most responsible choice I can make at this time.

I sincerely apologize for the short notice and for any inconvenience this may cause. Please understand that this decision was not made lightly and it saddened me that I have to make a hard choice. I humbly asked for your understanding and not judge me for my choice and situation. I had a great time with iPloy over the past two years and I genuinely grateful for the experience. With that, I want to extend my sincere appreciation to the entire team at iPloy OPC. I am truly grateful for the opportunities, support, and experiences I've had here. This company has been a meaningful part of my life.

Thank you for your understanding, and I wish everyone prosperity and success.

Sincerely,



ENCABO, RINAJEICRIS E.