Elena Godwit  
45 SY-90126 SK Apartments  
Vancouver, Canada

17th April 2020

The Directors  
Raiyah Pvt. Ltd.  
Tokyo tower, Main Square  
Vancouver, Canada

Re. An Excuse for Being Absent due to Stress

Reverend Sir,

It is to inform you that I am Lead Model at your company under contract from September 2019 to June 2020. I have been very punctual and dedicated when it comes to my shoots. For now, I need a one-week break from the work as I am going through chronic stress. This stress involves low energy, mood swings, headache, upset stomach and insomnia. Going through these different problems, it has become very difficult for me to appear for all the shoots

Moreover, a model cannot perform well under acute chronic stress. The stress affects his/her looks and their way of working. Insomnia hits me extravagantly and causes other issues to arise like an unhealthy stomach, chest burns and headache. I am visiting a psychiatrist regularly and she has suggested me to take a break from the work and pay attention to my psychospiritual health.

Sir, I do not want my stress to affect the working quality and I feel it necessary to take one week off from modeling and shooting. During this time, I shall have enough time to heal myself and relieve stress while going through different therapies and counseling sessions.

I know that absence of a model to showcase the products may affect a bunch while new campaigns are being launched but I present myself for extra hours of working later on my return. I assure you that it will not take more than seven days. Furthermore, I shall not mind if you agree to trim my off days’ salary according to the policies of the company.

I hope you understand the need for a break for me. I shall be highly grateful and very glad if you concede to my request.

Sincerely

(Signature)