

Dear [Recipient's Name],

I hope this letter finds you in a moment of peace. I wanted to take a moment to reach out and let you know that you are in my thoughts during this challenging time.

It's completely okay to feel overwhelmed, and it's important to remember that you are not alone. I am here for you, ready to listen, support, and be a comforting presence whenever you need.

Take each day as it comes, and allow yourself the kindness that you so freely give to others. You are stronger than you realize, and brighter days are ahead.

Sending you all my love and comfort.

Sincerely,

[Your Name]