

**Dear [Friend's Name],**

I hope this letter finds you well, despite the distance between us. I've been thinking about you lately and wanted to reach out. I know that life can sometimes throw challenges our way, and I want you to know that you're not alone in this.

It's okay to feel overwhelmed; we all go through tough times. Remember to take a moment for yourself and breathe. You are stronger than you think, and I truly believe you'll come through this even more resilient.

If you ever want to talk, vent, or just share some thoughts, I'm here for you. Our friendship means the world to me, and I want to support you in any way I can, even from afar.

Please take care of yourself. I look forward to hearing from you soon.

With warm thoughts,  
[Your Name]