

Dear [Friend's Name],

I hope this letter finds you in good spirits, even though I know things may not feel that way right now. I want you to know that I am here for you during this challenging time.

I understand that you are experiencing a lot of stress and that it can feel overwhelming. It's completely okay to feel this way, and you do not have to go through it alone. Remember, it's okay to take a step back and take care of yourself.

Please know that I am here to listen without judgment. If you ever want to talk or just need someone to hang out with, I'm just a call or text away. Your feelings are valid, and it's important to talk about them when you're ready.

Take all the time you need to find your balance again. I believe in you and your strength to get through this.

Sending you lots of love and positive vibes,

[Your Name]