

# Dear [Friend's Name],

I hope this letter finds you in moments of calm amidst the chaos. I wanted to take a moment to reach out and remind you that you are not alone in this tough situation.

It's completely okay to feel overwhelmed, and I want you to know that your feelings are valid. Remember, it's times like these that show your strength and resilience. I believe in you and your ability to get through this.

Please don't hesitate to reach out if you need someone to talk to, or even if you need a distraction. I'm here for you, ready to listen or help in any way I can.

Take things one day at a time, and remember, brighter days are ahead. You are loved and supported.

With all my love,

[Your Name]