

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know that I'm thinking of you. I understand that this is a challenging time, and I want to remind you how strong and resilient you are.

Every day may present its own set of obstacles, but I truly believe in your ability to overcome them. Remember, it's okay to take it one step at a time, and I'm here to support you through every moment.

Let's plan some time together soon, whether it's a phone call, video chat, or even a visit if you're feeling up to it. You don't have to go through this alone -- I'm here for you, cheering you on every step of the way.

Sending you lots of positive vibes and warm thoughts. You got this!

Take care,

[Your Name]