

Dear [Friend's Name],

I just wanted to take a moment to tell you how much you mean to me. I know that things have been tough lately, and it might feel like the world is closing in. But through it all, I want you to remember that you're not alone.

It's okay to feel overwhelmed sometimes, but I believe in your strength and resilience. Every setback is just a setup for a comeback. You have weathered storms before, and you'll get through this one too.

Take it one day at a time, and don't hesitate to lean on me. I'm here for you, whether you need a listening ear or someone to share a laugh with.

Sending you all my love and positive vibes. Remember, the sun will shine again!

With all my support,

[Your Name]