

Dear [Friend's Name],

I hope this letter finds you in good spirits. I want you to know that I am here for you during this challenging time. It's completely okay to feel overwhelmed, and I want to remind you that you are not alone.

Every moment is a new opportunity, and I believe in your strength and resilience. Remember, it's okay to lean on your support system--I'm just a phone call away.

Take things one day at a time, and don't hesitate to reach out whenever you need to talk or just need a friend by your side. Together, we can face whatever comes our way.

Sending you an abundance of love and positive thoughts.

Warmest regards,

[Your Name]