

Dear [Friend's Name],

I hope this letter finds you in a moment of peace, though I know things have been tough for you lately. I wanted to take a moment to reach out and let you know how much I care about you and that you are not alone in facing these challenges.

It's completely okay to feel overwhelmed and unsure at times. Remember, I am here for you, ready to listen or to spend time together when you need a break. Your strength is inspiring, and I believe in your ability to navigate through this difficult period.

Take things one day at a time, and don't hesitate to lean on your friends and family for support. You don't have to carry this burden alone. Here's a little reminder: it's okay to ask for help when you need it.

Whenever you're ready, I'd love to connect or even just hang out and take your mind off things. Until then, please take care of yourself and know that I am thinking of you.

Sending you all my love and support,

[Your Name]