

Dear [Friend's Name],

I just wanted to take a moment to reach out and remind you that it's completely okay to feel overwhelmed sometimes. Life can throw so many challenges our way, and it's natural to feel lost or unsure.

Please know that I am here for you. You are not alone in this journey, and I am more than willing to help however I can. Whether you want to talk, vent, or simply take a break together, I am just a text or call away.

Remember the strength you have shown in the past. I believe in you and your ability to overcome this. Take one step at a time, and don't hesitate to lean on your friends and loved ones.

Sending you lots of positive vibes and hugs. You've got this!

With all my support,

[Your Name]