

Dear [Friend's Name],

I just wanted to take a moment to reach out and reassure you during this challenging time. It's completely normal to feel fear when facing uncertainty, and I want you to know that you are not alone.

Remember that you are strong and resilient. I've seen you navigate tough times before, and I have no doubt that you will come through this as well. It's okay to feel what you are feeling; just know that it is temporary and you have support around you.

If you ever need to talk, I'm here for you. Let's take it one step at a time together, and I'll stand by your side through it all.

Sending you all my love and strength.

Sincerely,

[Your Name]