

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know that I'm thinking of you during this difficult time. Life can throw unexpected challenges our way, and it's okay to feel overwhelmed. Please remember that you are not alone; I am here for you.

It's completely normal to experience a whirlwind of emotions. Allow yourself to feel everything you need to feel. I admire your strength and resilience, and I believe in you wholeheartedly. If you ever need someone to talk to, a shoulder to cry on, or simply a friend to sit in silence with, I'm just a call away.

Take all the time you need to heal. Surround yourself with love and support, and know that brighter days are ahead. I look forward to sharing some laughter and good times with you soon.

With all my love,

[Your Name]