

Dear [Relative's Name],

I hope this letter finds you in good spirits. I wanted to take a moment to check in on you and see how you've been feeling lately.

It's important to me that you know you are loved and cared for, and I'm here to support you in any way I can. If there's anything on your mind or if you just want to share how your day has been, I would love to hear from you.

Remember, it's perfectly okay to talk about your feelings, and I'm always ready to listen. Please let me know if there's anything specific you'd like to talk about, or if there's anything you need help with.

Looking forward to hearing from you soon!

Much love,

[Your Name]