

Dear [Friend's Name],

I hope this letter finds you well. I just wanted to take a moment to check in on you, as you mean a lot to me. How have you been feeling lately?

I've been thinking about the ups and downs we all face, and I'm here for you. If you ever want to talk about what's on your mind or simply share how your day has been, I'm all ears.

Remember, it's perfectly okay to feel overwhelmed at times. Just know that you are not alone, and I'm here to support you in any way I can.

Let me know if you'd like to meet up or have a chat. Take your time and take care of yourself.

Sending you lots of love,

[Your Name]