

# Dear [Partner's Name],

I hope this letter finds you in good spirits. I wanted to take a moment to check in on how you've been feeling lately. It's important to me that we both maintain our mental wellness, and I care deeply about your emotional state.

How have you been coping with everything? Are there any specific challenges you are facing? I'm here for you to listen and support you in any way you need.

Remember, it's perfectly okay to express how you feel, whether it's about stress, happiness, or anything in between. Let's make some time to talk about it, perhaps over dinner or during a walk this weekend?

Always remember, you are not alone in this journey. I appreciate you and am here to support you, no matter what.

Looking forward to hearing from you.

With all my love,

[Your Name]