

Subject: Thinking of You

Dear [Name],

I hope this message finds you well. I wanted to reach out to let you know that I am thinking of you and that you are not alone during this time.

It's completely understandable to feel [acknowledge specific feelings, e.g., overwhelmed, scared, etc.], and I want you to know that it's okay to feel this way.

If you ever want to talk, share how you're feeling, or just have someone to listen, I'm here for you. Please don't hesitate to reach out whenever you feel up to it.

Take all the time you need, and remember that there are people who care about you and are ready to support you in any way possible.

Sending you warm thoughts and strength,

[Your Name]