

Hey [Friend's Name],

I just wanted to take a moment to let you know that I'm here for you. I can only imagine how tough this transition must be, and it's completely okay to feel overwhelmed. Remember that it's normal to have ups and downs during times like this.

You have the strength and resilience to get through this, and I'm confident that everything will work out in the end. You're not alone in this; I'm just a call or message away if you need to talk or need any help.

Take things one step at a time, and be gentle with yourself. You're doing the best you can, and that's enough. I'm proud of you for how you're handling everything.

Let's grab some coffee or take a walk sometime soon. It might be nice to get a change of scenery and just relax. Remember, I'm here for whatever you need.

Take care,

[Your Name]