

Hey [Friend's Name],

I just wanted to take a moment to chat with you because I can see how hard you've been working lately, and I know things can get overwhelming with all the academic pressures. First off, I just want to say I'm really proud of you for pushing through and giving it your best. Remember, it's okay to take a breather when you need one.

It's important to find some balance, so don't hesitate to take breaks and do something you enjoy, even if it's just for a little while. I'm here for you, and we can even hang out or study together if you think that'll help. Also, if there's anything specific you're struggling with, you can always talk to your professors or advisors--they're there to help, too. Lastly, don't be too hard on yourself. You're doing an amazing job, and no matter what, you're more than just your grades. You've got this, and I'm here cheering you on!

Take care,

[Your Name]