

Hey [Friend's Name],

I just wanted to take a moment to remind you of how strong and capable you are. I know things might feel tough right now, but I believe in you and all that you can achieve. Remember, every storm ends, and brighter days are ahead.

You've overcome so much already, and that's something truly admirable.

Don't forget that you are never alone in this fight. I'm here for you, cheering you on every step of the way.

Take it one day at a time, and be gentle with yourself. You've got this, and I'm so proud of you. Let's get through this together.

You've got my support always.

Take care,

[Your Name]