

Hey [Cousin's Name],

I hope this letter finds you well! I just thought I'd write and update you on how things have been going with my health lately-after all, who better to share these ups and downs with than you?

As you know, I wasn't feeling great a few weeks ago. Turns out it was [briefly mention illness or condition, e.g., a nasty bout of the flu / I finally decided to get that check-up for my back pain]. The first few days were rough-I felt pretty drained, and honestly, I was a little anxious about how long it would take to bounce back.

The doctor prescribed me some [medications/treatment-be specific if you want, e.g., antibiotics, rest, and plenty of fluids]. Thankfully, things have been looking up since then. I'm still not 100%, but every day I'm feeling a bit more like myself. I'm trying to stay positive, get plenty of rest (I finally finished that book you recommended!), and listen to what my body needs.

It really made me realize how important it is to keep in touch and let family know what's going on. Sometimes it's easy to just brush things off, but sharing how you're really feeling makes a huge difference-it's comforting to know we're there for each other. Your messages and jokes always make me smile, so thank you for cheering me up!

I'd love to hear what you've been up to-are you still doing your morning runs? And how's everyone at home?

Let's catch up soon, either over a call or when you're around next time. Sending you lots of love and hoping you're taking care of yourself too!

Take care,
[Your Name]