

Dear Sarah,

I hope this letter finds you well. It's been a while since we caught up, and I really miss our long chats. I'm writing to you because I need some advice and I couldn't think of anyone better to turn to.

Lately, I've been feeling a bit overwhelmed with everything going on in my life. Between work, family commitments, and trying to maintain some sort of social life, I've started to feel burned out. I'm finding it hard to say no to people and set boundaries, and as a result, I rarely get any time for myself. I know you've always been good at managing your time and keeping your stress levels in check, so I was hoping you might have some tips or suggestions for me.

Have you ever been in a similar situation before? How did you handle it? I'd really appreciate any advice or support you can offer. Sometimes just talking things through with a friend makes a world of difference, so thank you for listening.

Looking forward to hearing from you soon!

With love,  
Emily