

Informal Letter Template: Inquiring About a Loved One's Emotional Well-Being

[Your Address]

[City, State, ZIP Code]

[Date]

Dear [Recipient's Name],

I hope this letter finds you well. I've been thinking about you lately and wanted to reach out to see how you are doing, especially with everything that's been going on.

How have you been feeling these days? Sometimes life can feel a bit overwhelming, and I just wanted to check in and make sure you're taking care of yourself. If you ever feel like talking or just want someone to listen, please know that I am always here for you.

On my end, things have been pretty [briefly describe your current feelings or activities]. Staying in touch with you always lifts my spirits, and I'd love to hear about what's been happening in your life, or anything on your mind.

Remember, you don't have to go through tough times alone. I value our friendship/family bond so much, and I just want you to know how deeply you are cared for.

Looking forward to hearing from you soon. Take gentle care of yourself, and don't hesitate to reach out anytime.

With all my love,

[Your Name]