

Hey [Friend's Name],

I just heard that you're not feeling your best right now, and I wanted to send some extra love your way. It's hard to believe that the kid I used to race down the block with and share all those secret ice cream stashes is now fighting off a bug-life sure throws us all kinds of curveballs, doesn't it?

Remember running around in the rain until we were drenched and our moms made us cocoa to warm up? Those were the days! I guess what I'm trying to say is, thinking of those times reminds me that we've always pulled through together, no matter what got thrown our way.

I might not be there to raid the fridge or watch those terrible movies with you in person, but I'm cheering you on every single day. Take it easy, get lots of rest, and let everybody spoil you for a bit-you deserve it. If you need someone to laugh with, complain to, or just sit in comfy silence over the phone, you know I'm here.

Get well soon, old friend. We've got so many more stories to make and trouble to get into! Sending a giant hug (and maybe some virtual chocolate) your way until you're back on your feet.

Always here,  
[Your Name]