

Quick stress management advice

Subject: Don't Let Stress Take Over!

Hi [Friend's Name],

Just wanted to remind you not to let stress control your life. Try to take breaks, breathe deeply, and avoid overloading yourself with too many tasks at once. Even a few minutes of quiet or listening to your favorite music can reset your mood.

You've been working so hard, but don't forget that rest is just as important as effort. Take care of yourself, my friend.

Best,

[Your Name]

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