

Dear Jess

I am writing to you because you are someone who

makes my day better.

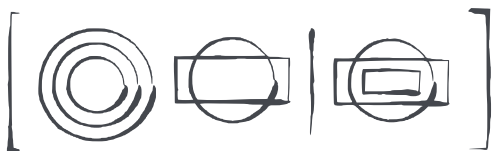
I want you to know I am here for you.

Recently, it seems you have been

dealing with a lot of anxiety
and school stress

It is important that you know, I am not trying to fix anything. **I am trying to learn how to better communicate** and to let you know **that you're not alone.**

One of the communication tools I am using is this symbol:



This symbol is one way I am saying **I want to help.** Admittedly, I don't always know how. **If you are open to help,** here are three things which I will always be willing to do for you:

1. Go on a walk with you
2. pray against your anxiety
3. Feed you

If there is anything else that you feel would be helpful but isn't on my list, let me know. **I want us to discuss how I can best support you.**

Thank you for being willing to read this.

I truly appreciate you.

Sincerely,

Paul