

Start a Letter to a Friend

- You are amazing! I love that you always _____.
- I feel so blessed to have you in my life. I have always admired your _____.
- Thank you for being there for me when I _____.
- I can always count on your _____ to brighten my day.
- I enjoy our _____ so so much.
- You are so _____, _____ & _____.
- I have never seen someone who can _____ quite like you do.
- You are the most _____ person I know.
- You are so beautiful!
- I'm so glad to know you.
- I appreciate your ability to _____.
- You have always made me feel so _____.
- Your _____ inspires me.

Emotional Benefits of Letter Writing

- Deepening relationships builds connectedness and resilience
- The act of writing a letter boosts feel-good hormones
- Expressing gratitude increases our happiness and can improve our immune function
- Handwriting stimulates creativity and playfulness, which are great for your brain



**Student
Well-Being**

MCDONALD CENTER
