**Барсуков Максим, Writing 2. Writing an informal email.**

Hey Ivan,

I hope you are doing well. Sorry as I’ve not been in touch for a long time because I've been struggling with some health issues lately.

Firstly, I have been dealing with chronic pain and fatigue, which has been affecting my overall well-being. Nonetheless, I've been taking steps to address it and manage my symptoms.

Recently, I've been focusing on finding ways to improve my health. I've been working with healthcare professionals to find the right treatment plan for me. I've also been making an effort to prioritize self-care and listen to my body's needs. Admittedly, it has been a bit of a challenge, but I am committed to making positive changes for my own welfare.

However, I appreciate your understanding and support during this time. Let's catch up soon and talk more about it. Take care and keep in touch!

Best wishes,

Max