FRONTLINE FRAMEWORKS



November GROUNDED GRATITUDE

A realistic gratitude practice without forced positivity.



REFLECT

- One thing that helped today
- One person you appreciate
- One moment of relief (even if brief)

REMINDER

Gratitude doesn't erase stress, it softens it.

ANCHOR THOUGHT

Relief can coexist with difficulty.

Explore tools and resources at FrontlineFrameworks.org

SCAN HERE

www.FrontlineFrameworks.org