

BLE SUPPORT

Bingo

Raise your Support Bar by completing any horizontal, vertical, or diagonal line.

Create or review your Emergency Action Plan	Post on Facebook for support	Send a Marco Polo (or other video message)	Talk to the Universe or to God	Call a supportive friend or BLE Buddy
Meditate	Spend some time on a favorite hobby	Write in a journal	Text a supportive friend	Watch one of Susan's vlogs
Ask a loved one for a hug	Say a BLE mantra 10 times out loud	★ FREE SPACE	Read something spiritual, inspirational, or uplifting	Set a 20-minute timer (Do not eat during the 20 minutes)
Write in a journal	Do a breathing meditation	Text a BLE Buddy	Ask a loved one for a hug	Write a gratitude list
Check out something on the BLE Resources page*	Write a gratitude list	Create or review your Emergency Action Plan	Post on Facebook for support	Meditate

* Find the Resources page at www.brightlineeating.com/resources

