

# STRESS BLOW OUT

(as taught by Donna Eden – [www.learnenergymedicine.com](http://www.learnenergymedicine.com))



**Purpose:** To release anger, upset and irritation; release frustration and overwhelm; to get centered in the Here and Now.

## Use when:

- Feeling angry, irritated, frustrated or upset
- Feeling stuck, 'pent up,' and need to LET GO

## Common experiences:

- Feeling more relaxed
- Feeling more centered and grounded
- Feeling more present in the Here and Now

## Steps:

1. Lift both hands over your head and clench your fists hard.
2. Take a deep breath and hold it.
3. Pull down real fast and blow out the air 'WHOOOOSH' with your elbows pointing down
4. Bend your knees and open the hands when arms are fully extended
5. Repeat 3-5X.



## Follow along with the video:

<https://youtu.be/OLL5Edmv1c>

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