STRESS BLOW OUT

(as taught by Donna Eden - www.learnenergymedicine.com)



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

Use when:

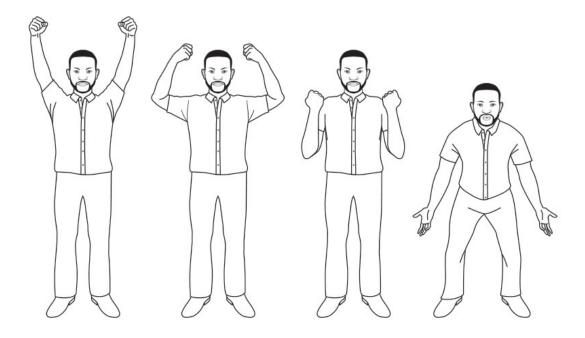
- Feeling angry, irritated, frustrated or upset
- Feeling stuck, 'pent up,' and need to LET GO

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/OLL5Edmvvlc

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