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## Drop 57 Muscles

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The words '**DROP 57 MUSCLES**' are an abbreviated form of 3 quick and easy relaxation exercises that you can do in private or in public in just a few minutes.

**NOTE:** Before practising the muscle tensing and relaxation exercise, consult with your doctor if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated.

**DROP** means:

- **DROP YOUR SHOULDERS**

**57** means:

- **BREATHE IN** through your **NOSE FOR A COUNT OF 5**
- **BREATHE OUT** through your **MOUTH FOR A COUNT OF 7**
- repeat this several times (this lowers your heart rate and empties any additional air that you may have taken in through anxious, fast breaths)

**MUSCLES** means:

- get yourself into a comfortable position, seated or lying down
- take a few moments to relax, **DROPPING YOUR SHOULDERS** and using **57 BREATHING**, as outlined above
- you are now going to do a **MUSCLE TENSING AND RELAXING EXERCISE AT THE SAME TIME** as the **57 BREATHING**, as follows...
- when you're relaxed and ready to start, shift your attention to your toes, scrunch them up, squeezing as tightly as you can; **AT THE SAME TIME BREATHE IN THROUGH YOUR NOSE FOR A COUNT OF 5**, then as you relax your toes **BREATHE OUT THROUGH YOUR MOUTH FOR A COUNT OF 7**, letting them become loose and limp
- move slowly up through your body, contracting the muscles, while **AT THE SAME TIME BREATHE IN THROUGH YOUR NOSE FOR A COUNT OF 5**, then relaxing them as you **BREATHE OUT THROUGH YOUR MOUTH FOR A COUNT OF 7**, letting them become loose and limp...
  - squeeze your feet together (doing the **57 BREATHING** as you tighten and relax them)
  - tighten your calf muscles (ditto)
  - tighten your thigh muscles (ditto)
  - squeeze your bum cheeks together (ditto)
  - hold your tummy in as far as you can (ditto)
  - shrug your shoulders up as high as you can (ditto)
  - stretch your neck out and scrunch up your face (ditto)
  - squeeze your arms into the side of your body (ditto)
  - make a fist with each hand (ditto)
- then reverse the whole procedure, starting with your fists, then arms, head, shoulders and so on until you get back to your toes.

Remember to **BREATHE IN THROUGH YOUR NOSE FOR A COUNT OF 5** as you tighten each set of muscles, then **BREATHE OUT THROUGH YOUR MOUTH FOR A COUNT OF 7** as you let them become loose and limp.

You can carry out these exercises wherever you need to, omitting any obvious facial exercises, if in public.