



4 Tips That You Can Implement NOW To Stop Leaking

1. Know what irritates the bladder:

- Drinks like soda (carbonated beverages), coffee, and alcohol irritate the bladder and make you want to pee more often. Limiting the consumption of these beverages may help reduce urge and urge incontinence.

2. Fluid intake:

- Are you limiting your fluid intake? Being dehydrated and limiting fluid intake makes the urine more concentrated which irritates the bladder and urethra. This can in turn make you feel the urge to void more often and may make voiding uncomfortable.

3. Learn to relax!

- When we are stressed, our body has a tendency to brace or clench our muscles. Have you ever noticed that you clench your jaw? Or hike your shoulders? Or hold your breath? Or grip your glutes? Well the same happens to our pelvic muscles! We hold a lot of our stress in our pelvis and sometimes this can have an effect on how our muscles' function! Learning to breathe deeply and relax your pelvic muscles is just as important as having a strong contraction.

4. Exercise mindfully:

- When we exercise, especially when lifting heavy weights or jumping, we tend to hold our breath. When holding our breath, we are increasing the pressure within our abdominal cavity which puts strain on to our pelvic floor. When exercising, we must make sure that we are not holding our breath! Learning how to optimize our intra-abdominal pressure and using our breath correctly during exercise is essential for mitigating leaking.