

# Awareness and Urge Exercises

## Awareness

**This exercise will help you become aware of the muscles that support your bladder.**

- Sit in a chair that has arm rests (if possible).
  - Relax.
  - Focus on just breathing.
  - Relax all of your muscles from head to toe into the support of the chair.
  - Focus on your pelvic muscles.
  - Lift up and tighten gently. Release.
  - Do this exercise 3 or 4 times.
  - Do this exercise \_\_\_\_\_ times every day.
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## Urge Control

**This exercise will help stop the sudden urge to use the bathroom.**

- Sit or stand in a relaxed position.
- Breathe in slowly.
- Take 3 or 4 breaths.
- Tighten your pelvic muscles by rolling your knees in and out quickly. Do this 4 or 5 times.
- Imagine a quiet and peaceful place.
- Let the urge go away.
- Use the bathroom.