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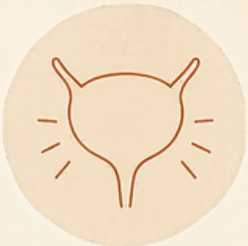
How to Manage *Urinary Urgency*

SIMPLE STEPS TO FEEL CALMER,
MORE IN CONTROL
AND GET ON WITH YOUR DAY

What is Urinary Urgency?

Urinary urgency is a sudden, strong need to pass urine.

It can feel overwhelming, but there are simple things you can do to manage the urge, reduce the risk of leaking and feel more in control.



WHY IT HAPPENS IN MIDLIFE

Changes in hormones, the pelvic floor, bladder sensitivity and the nervous system can make the bladder more reactive. Urgency does not mean there is something wrong with you. It is common and often improves with the right tools.

UNDERSTAND THE URGES WAVE

An urge usually rises, reaches a peak and then naturally passes. It is like a wave:



5 STEPS TO RIDE THE URGES

Pause Breathe Reconnect

1 STOP AND PAUSE

Do not run or rush to the bathroom. Stop what you are doing and take a moment to be still.

2 PERFORM FAST REGELS

Do 5 to 10 quick pelvic floor contractions. Squeeze and release, fast. This can help calm the bladder.

3 TAKE 5 BREATHS

Take 5 slow, diaphragmatic breaths. Breathe in through your nose and out through your mouth. This helps calm your nervous system.

4 DISTRACT YOUR BRAIN

Shift your focus away from your bladder. Count backwards from 100 by 5, do a mental puzzle, or think of something that brings you joy.

5 WAIT AND THEN WALK

Wait until the wave of urgency completely passes or subside. Then walk slowly to the bathroom but only after the feeling calms down.

HELPFUL HABITS

- Focus on eating a bladder-friendly diet
- Reduce bladder irritants (e.g. caffeine, alcohol, fizzy drinks, spicy foods, Citruses...)
- Keep your pelvic floor strong and relaxed with a regular yoga practice.
- Support your emotions and nervous system.
- Wait 5 minutes after the urge settles, gradually increase the time.

WHEN TO SEEK ADVICE

- If urgency is new or getting worse.
- If you experience pain, burning or blood in your urine.
- If you are unsure or would like personalised support.

IMPORTANT

This guide is for general information and does not replace medical advice. Please consult your GP or a healthcare professional if you have concerns.

YOU ARE NOT ALONE

Urinary urgency is common in midlife and it can improve. With simple tools, supportive habits and a kind relationship with your body, you can feel calmer, more confident and get on with your day.