



# The Bladder Urgency SOS Card™

Use these calm steps when a sudden urge arrives before you are ready.



Rushing can make urgency feel stronger and increase the chance of leaking or falling. Pause first if it is safe to do so.

## When the Urge Hits

1

### STOP & STAY STILL

Pause where you are. Sit down if a safe seat is nearby, or stand with support.



Avoid sprinting toward the bathroom.

2

### BREATHE OUT SLOWLY

Relax your jaw, shoulders and belly. Take two or three slow breaths with a longer exhale.



Let your body settle before you move.

3

### USE A GENTLE URGE-SUPPRESSION CUE

If comfortable, try several quick, gentle pelvic-floor contractions, then fully release.



Do not bear down, hold your breath or squeeze at maximum effort.

4

### SHIFT YOUR ATTENTION

Count backward, name five things you see or focus on one steady object while the urge eases.



A calm distraction can interrupt the urgency loop.

5

### WALK TO THE BATHROOM

When the urge feels more manageable, walk at a normal pace. Keep breathing and use support if needed.



Sit fully and avoid hovering or straining.

## Choose the Cue That Fits



### Standing

Cross your ankles gently or press your feet into the floor.



### Sitting

Stay seated, breathe slowly and let the first wave pass.



### Near Running Water

Turn away, pause the sound if possible and focus on your breath.

## After the Moment



What was I doing when the urge began?



How full did my bladder seem?



Did a sound, doorway or movement trigger it?



Did the steps help me reach the bathroom more comfortably?



This card is for occasional urgency support. Frequent, worsening or painful urgency deserves evaluation rather than repeated self-management.



### Gentle Reminder

Quick pelvic-floor contractions are not appropriate or helpful for everyone. Stop if they cause pain or make urgency worse.

### Martine's Midlife Wellness Tip

Practice the steps once when your bladder is calm. A familiar sequence is easier to remember when urgency suddenly appears.



Seek prompt medical care for blood in urine, fever with urinary symptoms, severe back or pelvic pain, vomiting or difficulty passing urine.