

Mind-Body Quieting

Excessive pelvic floor muscle resting tone and increased activity level of bladder and bowel contractions can be decreased through physiological quieting of the body and mind. Find a quiet warm room with a chair or bed that gives complete support from your head to your feet. Use pillows to support your neck, lower back, arms and knees, or wherever is needed for comfort. Then,

- 1) Focus on your breathing and feel your breathing pattern, then let your abdomen rise when inhaling and fall when exhaling.
- 2) Feeling the support of the bed or chair, relax from the top of your head to the tips of your toes.
- 3) Focusing on your face and neck, notice where there is tension or tightness, and where there is quiet and calmness. Then say to yourself 3 to 4 times – “my face and neck muscles are quiet and calm, my face and neck muscles are calmer and calmer.”
- 4) Proceed from head to toe in the same manner, focusing on each body part as you did the face and neck. Relax the right and left arms and hand muscles. Keep relaxing down your spine. Relax your chest and abdomen. Relax your gluteus muscles. Relax right and left legs and feet all the way down to your toes.
- 5) After the entire body is relaxed, go back to your pelvic area and relax your pelvic and anal muscles.
- 6) Maintain mind-body quietness for 10-20 minutes.

One or two 20-minute mind-body quieting sessions a day are recommended, ideally early afternoon to help with urinary incontinence that happens in the later afternoon or evenings.