

# Stop Leaking: 6 Changes to Make Right Now

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Hey lady!

If you have downloaded this PDF, then it is likely you have at least once in your life leaked urine without giving your body permission. You have been betrayed by your own system! Although many women leak after having children, it is not normal. It's your body's way of telling you that something is out of balance. Here are 6 small changes to make to help you get on the right track to restoring ownership over your pelvic health!

## **1. Drink at least half of your body weight in water A DAY.**

Do you avoid drinking water thinking that you won't have it in your system to leak? This is the total opposite of what we should do. Water eases the lining of the bladder and makes it a happy environment. If the lining is irritated from a lack of water, then the brain says "Get this out, NOW" and leaking is more likely to occur.

## **2. Avoid drinking fluids after dinner**

Simply because you are more likely to be woken up in the middle of the night with the urge to pee if you drink liquids after dinner-time. We value our sleep, so this is just not cool. For women under age 65, we should not have to get up to pee in the middle of the night. So, if this is a regular thing for you, try this small change.

*coach mel*  


### **3. SIT ON THE TOILET**

If you follow me at all on social media or my blog, then you know where I stand on this topic! Sitting on the toilet allows the muscles of your pelvis and hips to fully relax to let the bladder muscle do its thing. If you find that you aren't getting the majority of your urine out, it may be because you are a "hoverer" (you know, hovering right above the toilet seat, pushing your pee out fast because it is ridiculously hard to hold this position) or you aren't relaxing well while sitting on the throne.

### **4. Skip the just-in-case bathroom stop**

Do you do this? "I'm going to go just-in-case." What happens here is you haven't been cued to go pee by the urge trigger from the brain because your bladder isn't full. Yet you worry about not finding a bathroom on your way to your destination, or you just don't want to have to stop to use a toilet. So you decide to go and your brain says "Wait... the bladder isn't full enough yet..." Do this consistently enough and you may be training your brain to trigger urge with less urine in your bladder over time..

### **5. Do not practice your kegels while peeing**

For the love of God, please do not do this. Someone, somewhere, once upon a time told us to stop our urine flow while on the toilet to strengthen the pelvic floor. Peeing is a semi-autonomic event where the brain says "time to pee" and you say "okay I'll go SIT ON THE TOILET." Then the bladder muscle automatically contracts, squeezing the bladder to push the urine out. Now add in a voluntary action like squeezing your muscles to stop pee and your brain is like "Ummm, wait what? I thought we were peeing?!" To sum this up: Just pee. Don't make it fancy.

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## 6. Avoid constipation

Constipation contributes to leaking. Say what? Yep! If you are spending time straining to make a bowel movement happen, your pelvic floor is working overtime and can get a little crazy. So eat a well-balanced diet, drink loads of water, and keep your stress low.



TA-DA! To summarize: Drink enough water, but don't do it all after dinner time, eat a well-balanced diet, sit on the toilet, breathe and relax! My recommendation is to focus on one of these tips a week so that you don't get brain overload and anxious about "doing things right." Pick one, start today, and do it for the week. Then come back to this resource next week and add another small change in. Soon they will just be habits!

Want more info on how to stop leaking? Make sure to follow Coach Mel on Instagram and Facebook.



Join the FREE #momswhotrainforlife Facebook Group! Creating a community of moms who are so done with leaking.

Have you kegeled FOREVER and still leak? Go to [www.coachmelissadowling.com](http://www.coachmelissadowling.com) and enter your information for a free 15-minute virtual chat to meet Coach Mel and start exploring what you can do to not have to wear maxi pads/pantyliners and do all of the fun things without fear of leaking!

*coach mel*  
