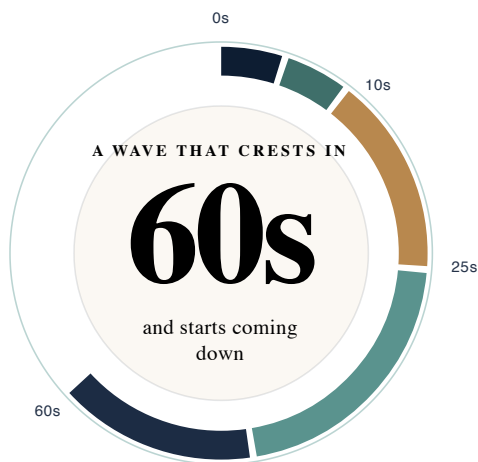




# The 60-Second Drill.

Three levers, delay, distraction, technique, in the right order. You ride the wave, not outrun it.



- 1 Stop moving.** 0-5S

Freeze where you are. The bladder is hypersensitive, not full. Running jostles it and amplifies the signal. DELAY
- 2 Sit, or lean.** 5-10S

Pressure on the pelvic floor calms the signal. A chair, a step, the floor. If you can't sit, lean against something solid. DELAY
- 3 Five gentle squeezes.** 10-25S

50-80% of your max, never full strength. Same muscles you'd use to stop a stream. Five short pulses tell the bladder to settle — squeeze too hard and it backfires. TECHNIQUE
- 4 Diaphragm breath, then redirect.** 25-45S

Long, low exhale into the lower ribs, not high in the chest. Count backwards from 50. Anything but "I have to go." DISTRACTION
- 5 Walk, don't run.** 45-60S

When the wave drops a notch, stand calmly. Walk to the bathroom at normal speed. The drill ends with you in control. WRAP

## WHY IT WORKS

An overactive bladder isn't broken — it's hypersensitive. The signal fires earlier and louder than the volume warrants. A normal urge wave crests and starts coming down within 30-90 seconds. You're riding it down, not outrunning it.

## PRACTICE

Run the drill **five times a day**, even when you don't feel an urge. At a red light. Washing your hands. The drill becomes automatic only with reps.

×5 / DAY

## THE FLUID TRAP

Cutting fluids to pee less backfires. Concentrated urine irritates the bladder and shrinks its functional capacity. Drink to thirst, front-loaded into morning and early afternoon. Cluster small amounts; don't sip all evening.

*Real full bladder? Go. This is for false-alarm urges.*

Track three days, see your patterns at [myflowcheck.com](https://myflowcheck.com)