



3 DAY HOLISTIC BLADDER CONTROL JOURNAL

Liquids ~ Foods ~ Emotions

A HOLISTIC METHOD FOR WOMEN TO TAKE BACK CONTROL
OF THEIR BLADDER & LIFE ONE STEP AT A TIME.

Healthy Bladder Solutions

Perimenopause - Menopause - Postmenopause



healthybladdersolutions.com



Congratulations on taking steps to take back control of your bladder and life from embarrassing bladder control problems.

I understand you may be feeling shame, embarrassment or helplessness.

Please know that you're not alone.

During perimenopause, menopause and postmenopause transitions, on average 1 out of every 3 women experience some type of bladder control problems.

Bladder control problems may be the result of pregnancy, childbirth, hormone changes, or aging in general, but it's not something you "just need to live with."

You have the power to change this story.

Use this journal to start tracking your bladder control problems so you can begin taking self-care steps to take back control of your bladder and life.

Plus, you can also use this information when talking to your healthcare professional.

If you find these self-care tips useful, there's plenty more and I invite you to follow me on social media to keep in touch about the latest [Healthy Bladder Solutions for Women](#) offers.

It is possible to get back control of your bladder and live your best possible life.

With love & compassion,



Susan Rinkus Farrell

Owner & Founder Healthy Bladder Solutions for Women
Certified Health Coach
Board Certified Nurse Practitioner
Continence Specialist





How to Use the 3 Day Holistic Bladder Control Journal

I truly believe a holistic mind-body-spirit approach is key to getting back control of your bladder and life from embarrassing bladder control problems.

That's why I created this 3-day holistic bladder control journal to track not only your bladder control, the liquids and foods that may be contributing to your bladder control problems, but also the emotions you're experiencing during these events.

Journal for at least 3 days. It doesn't need to be 3 consecutive days but try for 3 days within the same week. Try to include a weekend.

When finished, try to identify patterns.

In general, it should take between 10 to 30 seconds to empty your bladder, with 20 seconds being the average amount of time.

If you're urinating closer to 10 or 30 seconds, then look at your bladder habits.

Drinking too much or too little fluids?

Taking too little or too many bathroom trips?

Having bladder leaks when you cough, laugh, sneeze or hold a certain yoga pose?

Getting a sudden urge to urinate when you hear running water?

Living in a daily state of worry and stress?

If you notice certain liquids or foods associated with strong urges or leaks, try eliminating them for a few weeks and slowly reintroduce them one-by-one and use the journal to track your response.

Don't give up. You can do this!

Know that there are **Healthy Bladder Solutions** for your bladder control problems.

One step at a time. That's all it takes.





IMPORTANT PLEASE READ

Information contained in this document is not attempting to diagnose, treat, prevent or cure any physical, mental or emotional issue, disease or condition and is not intended to be a substitute for professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider.

Do not disregard medical advice or delay seeking medical advice because of information you have read in this document.

The information provided is for educational and informational purposes only and solely as a self-help tool for your own use.

Requesting this information from [Healthy Bladder Solutions for Women](#) does not constitute any professional relationship.

Suggested resources:

[National Association for Continence](#)

[North American Menopause Society](#)





Healthy Bladder Solutions

Perimenopause, Menopause & Postmenopause

Taking Back Control of Your Bladder & Life One Step at a Time

3 Day Holistic Bladder Control Journal

TIME	LIQUIDS		FOODS	PURPOSELY URINATING		BLADDER CONTROL					EMOTIONS
	DATE	What did you drink?		How much?	What did you eat?	How many times?	How long? < 10 sec 10 - 30 sec > 30 sec	Leakage? Y N	How much? damp wet soaked	Urge to urinate? Y N	
example	coffee	16 oz	eggs, lg sweet muffin, bacon	x x	27 sec	y	damp	y	moderate	coughing	anxious angry
6-7 am											
7-8 am											
8-9 am											
9-10 am											
10-11 am											
11-12 pm											
12-1 pm											
1-2 pm											
2-3 pm											
3-4 pm											
4-5 pm											
5-6 pm											



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