

# DO WHAT BRINGS YOU JOY

Don't put your life on hold. These **6** smart strategies can help.

## CELEBRATE YOURSELF!

This is how you find your way forward. This is how you get your Fresh Start!

## BE POSITIVE & BE PRACTICAL

Bladder leaks aren't the boss of you! Focus on what you can control and solutions that work for you.



## KEEP ON KEGELING

Strengthen your pelvic floor. It costs you nothing, it's something you can do almost anywhere and it works!



## EXPLORE YOUR OPTIONS

Open up, get real and be honest. Reach out to friends (bet plenty of them deal with leaks too), ask for support from partners and don't be shy about talking to your doctor



## H<sub>2</sub>O ALL DAY

Don't even think about drinking less water. You need hydration to maintain your health and avoid other issues.



## STAY CALM AND CARRY A BIG BAG

Consider it a fashionable way to pack some confidence. Throw in your protection essentials, and you're always good to go.

