

Controlling Urinary Urgency (Chinese)

请按照以下步骤来更好地控制您的**尿意**（需要小便的感觉）：

Follow the steps below to exercise better control over your **urinary urges** (the feeling of needing to pee):

1. 停止移动并保持静止。如果可以的话，请坐下。坐着有助于平静膀胱并对骨盆底施加压力。

Stop moving and be still. Sit if you can. Sitting helps to calm the bladder and puts pressure on the pelvic floor.

2. 尽可能用力和快速地收紧骨盆底肌肉 5 到 6 次。这会向您的大脑发送一个信息，使膀胱放松并控制尿液（小便）。

Tighten your pelvic floor muscles as hard and as fast as you can 5 to 6 times. This sends a message to your brain to relax your bladder and hold in your urine (pee).

3. 深呼吸并放松。想一些与上厕所无关的事情来试着分散自己的注意力。使用正向思考。

Take a deep breath and relax. Try to distract yourself by thinking of something other than going to the bathroom. Use positive thoughts.

- 试着握紧和放松手，或通过抬起脚跟对脚掌施加压力。
- Try squeezing and relaxing your hands, or putting pressure on the balls of your feet by doing heel raises.
- 对自己说：“我能做到。我有控制力，我不需要上厕所。”

- Say to yourself, “I can do this. I’m in control, and I don’t have to go to the bathroom.”
4. 当尿意再次出现时，重复以上步骤来控制。当您感觉尿意稍微平静下来时，正常走去洗手间。**不要着急。**在到达厕所之前不要开始脱衣服。

When the urge to pee returns, repeat the above steps to get control. When you feel the urge calm down a little, walk normally to the bathroom. **Do not rush.** Do not start to undress before getting to the toilet.

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