

# DAILY HABIT SHIFTS

Small changes in your daily life can make a big impact in your pelvic health.



## POSTURE & CORE AWARENESS:

- **Core Activation:** Engage your pelvic floor and lower abdomen with a deep exhale while standing or sitting to enhance stability.
- **Pelvic Neutrality:** Maintain a neutral pelvic position during daily activities to reduce strain.



## INTENTIONAL BREATHING:

- **Breath with Movement:** Exhale during exertion to engage the pelvic floor.
- **Breath as Reset:** Use deep 360 breaths during transitions to foster nervous system relaxation and sensory regulation.



## FUNCTIONAL MOVEMENT:

- **Micro-Movements:** Incorporate small movements (e.g., hip circles) throughout the day to enhance pelvic awareness.
- **Posture Shifts:** Periodically check in with and shift your usual posture for a minute.



## MINDFUL BATHROOM HABITS:

- **Mindful Elimination:** Breathe deeply during to encourage pelvic relaxation.
- **Positioning:** Use a stool or bench to position your knees above hips, to have better alignment for elimination.



## HABIT AWARENESS:

- **Habit Stack:** Don't try to overhaul your life - practice stacking a new habit to an existing habit or ritual you already routinely do.



## STRESS/NERVOUS SYSTEM MANAGEMENT:

- **Somatic Techniques:** Use gentle movement to release tension in the pelvis.
- **Breath-Body Connection:** Combine breath patterns with stretching to deepen the connection to your pelvic muscles.



## DYNAMIC FITNESS:

- **Dynamic Strengthening:** Focus on stability exercises (e.g., single-leg deadlifts) to integrate core and pelvic strength.
- **Periodization:** Vary workout intensity and focus to prevent pelvic fatigue.



## KNOW WHEN TO SEEK HELP:

- **Reflective Journaling:** Track pelvic symptoms to identify patterns.
- **Pelvic Therapy:** If symptoms are persistent or disruptive to daily activities and quality of life, find a good pelvic therapist!

These simple shifts in habits can be easily integrated into your routine, leading to improvements without major disruptions.

