

# Mind Over Matter

## Weekly Workshop Topics

### ●●● Session 1

- Activity 1:** Test your knowledge
- Activity 2:** Introduction to Self-Efficacy Framework
- Activity 3:** Overview of Bladder & Bowel Control
- Activity 4:** Introduction to Pelvic Floor Muscle Exercises
- Activity 5:** Introduction to Fiber & Stool Consistency
- Activity 6:** Problem Solving with Fiber
- Activity 7:** Goal Setting

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### ●●● Session 2

- Activity 1:** New Pelvic Floor Muscle Exercises
- Activity 2:** Fiber Follow Up
- Activity 3:** Overview of Urinary Leakage and Helpful Strategies
- Activity 4:** Helpful Strategies
- Activity 5:** Problem Solving with Fluid Intake
- Activity 6:** Goal Setting

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### ●●● Session 3

- Activity 1:** Fiber Follow Up
- Activity 2:** Maintenance Planning
- Activity 3:** Talking with your Health Care Provider
- Activity 4:** Seeking Help
- Activity 5:** Goal Setting