



Discover How to Remove the Stress From Your Wedding!

This maybe the most important day of your life but it can also be one of the most stressful. It all depends on how you manage it. One of your first challenges is trying to balance the needs of yourself and those of your partner with the needs of both of your families and how to keep everyone happy whilst ensuring that your day conforms to the format and delivers the ambiance that you want. This can be a real test of all your relationships but can be overcome provided you work hard at understanding the various family strains and loyalties that will be experienced.

There may be cultural issues that need to be taken into consideration and which will require the use of tact, diplomacy and sensitivity. What may be acceptable in one culture is not necessarily so in another and new rituals may sometimes have to be learned. Make time to go and see your prospective in-laws and have an open and frank conversation about the ceremony, number of guests, their expectations and religious traditions etc.



For many of you, this will be your first marriage and will entail your trying to balance both your job and your wedding arrangements. For others, it maybe a second or even third marriage and with that will come the 'baggage' from past relationships and families so that this may be a time for talking and sometimes, negotiating!

So what can you do about some of these stressors that might keep you awake at night, during those weeks, and months prior to the wedding day?

Talk to Your Partner

The first issue is to discuss with your partner as to what kind, and size of wedding you would like to have, and can afford! You may want a small wedding but your parents, or maybe your future parents in law, have other ideas. You may wish to have your wedding abroad: on the top of a mountain or on a boat - but remember that this is YOUR day and you must arrange the details between you. This is the time to sit down together and discuss the ceremony, the venue, the reception and the likely cost.

Money Matters

It is said that the wedding industry in Britain, today, is worth about £10billion a year with an average wedding costing about £11,000, so it is not surprising that many couples experience wedding stress! However, you need to make a budget and to keep strictly to it! It is easy to put everything onto a credit card and think it will go away but sadly it won't! It is a time to make the most of what you have and can realistically afford. Think about whether you really need to have an expensive 'hen' or 'stag' night that will add to the budget!

In addition to the cost of catering, which will be your primary outlay, other major costs include room and band hire, photography, flowers, wedding cars, invitations and finally honeymoon. Some items you can do yourself e.g. making your own table plan / place cards, creating your own flower arrangements for the tables, getting a friend to make a video and take stills, arranging your own transport/ wedding cars etc. These are all great ideas but you will need to make these arrangements well, and in advance. On the other hand, employing professionals may cost money but it will usually mean less stress for the participants – that's you!

Make a List

However, if you are considered a 'control freak' then you are almost certainly guaranteed to experience wedding stress! Not everything will happen as and when you want it to but with early preparation and anticipating things that might go wrong, helps you deal better with potentially stressful issues.



Work out exactly what you need to do and call on others who will probably want to help you before your big day.

People like to feel useful so give them specific tasks to do which will help them feel valued and part of the day ahead. Go through the wedding day schedule so that everyone knows exactly what they are doing. Who is collecting great Auntie Mabel from the station? You need to make sure she knows who is collecting her [and who is taking her home!]

When will the flowers have to be delivered, and the cake? Have the bridesmaids' dresses been organised? Has one of them since put on weight? And what about your own dress? And your mother's dress and accessories? These may not all be your issues but as it is your wedding, they will become yours!

As a Best Man, is your speech ready or will you wait until the night before to write it! You need to think about this well in advance and if you want some help, then find a professional wedding speech coach who will not only help you to write it but also help you to deliver it. Now, that certainly seems an ideal task to delegate. But why leave all the fun to the 'best man' and the groom to make a speech, now is the time for the bride also to be centre stage!

Co-ordination

Ensuring that everything comes together on the day and that everyone has a wonderful time can be very stressful and the amount of organisation required can be quite overwhelming. A wedding is the time to use your best managerial and communication skills with all the contractors concerned! Ultimately, you have control over everything except the weather. Dresses, tailor, caterer, hairdresser, printer, photographer, florist, transport and music are just some of those items with which you will have to deal. It is very important that everyone knows exactly what is

required of them and by what date. Make your briefings very clear and put them in writing. 'Never assume anything', is the key to your day running like clockwork.

Family Problems - everyone under the same roof!

In fact, the reality of any wedding is that it will be impossible to please everyone. A wedding brings together people who may not have seen each other for some years. Ex-husbands may be meeting ex-wives for the first time after being divorced or remarried and hopefully they will be respectful to each other but you may need to speak to them individually in advance, before the event and to organise your table plan very carefully! That will probably make the wedding day much easier all round but it is often a problem that has to be faced and speaking to everyone concerned should help smooth over any likely problems. Where you seat people at the wedding, and with whom, requires tact, diplomacy and common sense.

Getting Cold Feet?

It is not usual for this to happen and many about to marry wonder as to whether they are doing the right thing. Do your best to calm your nerves and speak to people who are good listeners. Sometimes all that you need is someone who will act as a sounding board: who will not try to give you advice but just gentle reassurance. Sometimes, finding that right person is not always easy and this is where professional support can be very helpful to you. Getting married is one of life's most important changes and there is absolutely nothing wrong with seeking professional support to help you, if necessary. But this needs to be arranged well before the wedding, not at 10 am on the day!



Relationship Problems



However, it is not unusual for the relationship to go through a somewhat strained period just before the wedding due to many conflicting pressures. Suddenly, you may imagine that the person who you thought you were marrying is not quite the person they really are. Or are they? Maybe you have not previously seen them trying to manage stressful issues. The answer is good communication. If, for some reason, you are not communicating well, then seek the guidance of a counsellor who will be able to help. But, don't see this as a sign of failure of yourself or your relationship. Rather see it as a sign of strength and getting to know each other and something that can hold you in good stead for your future years.

Don't Take to the Bottle!

It is not going to help you to 'drink your way' through the wedding, although your nerves may try to persuade you to do so! Such is the pace and pressure of a modern-day wedding that you really don't want to start being irrational when dealing with the inevitable challenges (such as your hairdresser being sick)! Communication is the key to clear co-operation with your partner and with both families. They may also be nervous as well, but sharing any problems means that you will almost certainly be able to resolve any issues quickly, thereby minimising your stress levels.

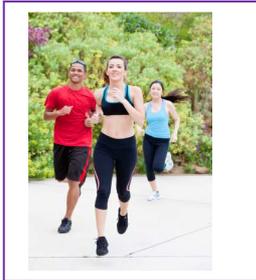
An Unexpected Bereavement of a Family Member

This is never easy. One might not want to cancel the wedding but on the other hand, you will be going through mixed feelings of sadness and joy, contemporaneously.

If you are going to go ahead, try and not feel guilty about doing so but focus upon your day and how the deceased is with you in your heart even if they cannot be with you in person. Grieving is a process and takes time to heal. Try and enjoy your day in the way that he or she who is no longer with you, would like you to do so.



Look After Yourself



Eat healthily and exercise regularly. This is just the time when you cannot afford to eat badly and ignore the warning signs of stress e.g. sleepless nights, heart palpitations, feeling irritable. Make sure you get sufficient sleep and eat a balanced and varied diet with high fibre and low fat. Increasing your vitamins B, C and E together with essential trace minerals including zinc, will strengthen your nervous and immune systems. Of course, the best way to good nutrition is through foods and not through supplements, so seek out oily fish, nuts, seeds, fruit and vegetables. Don't miss meals or leave more than four hours in between eating times. Exercise increases the blood flow to the brain and you should aim to exercise at least 3 x 30 minutes per week. Get yourself out into the fresh air to increase your natural endorphins and immune levels plus your psychological wellbeing. Let the sun do its job and boost your vitamin D levels. Cut down on your coffee as this is a stimulant that will not help relaxation!

Learn to Relax

Whatever helps you to relax – do it! Meditation, yoga, listening to music or standing on your head! The most important aspect of managing stress is not that you know what to do but that you actually do it. Plan some 'me time' into your schedule and make sure you keep to it and don't forget to get an early night the night before the wedding.

The Day Itself

The wedding, whether you are the bride or groom, is your day and if you have planned it in advance, have organised it efficiently so that everyone knows exactly what they are doing, it will be a day to remember and cherish throughout the rest of your life.



I wish you a Happy and Joyous Wedding and a brilliantly exciting new chapter of your life!

Your Next Step

Contact the Wedding Stress Expert and let her take the stress out of writing and delivering your wedding speech.

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