



21 TIPS TO KEEP DE-STRESSED WHEN PLANNING YOUR WEDDING.

By *re-design Life Coach Neelam Challoner*

“OMG we’re engaged!”

The excitement of an engagement precedes the eagerness of planning the wedding day. A day that is in the dreams of a young girl, the thoughts of a young boy, and in the hearts and minds of parents.

I have witnessed many couples planning their wedding, including my own and have gathered top tips to help you keep calm and carry on planning. Planning a wedding is not a small matter, it is meant to be meaningful, enjoyable and an opportunity to bring a dream to life. However, it can be stressful, chaotic, and, can cause a breakdown in communication between the couple and family members, decreasing happiness overall. In fact, on the Holmes and Rahe scale for social readjustment that cause stress levels to increase, marriage and all the changes relating to it, can add up to a unhealthy stress score.

Taken from a number of couples who have been in your shoes and planned their wedding day, here are practical tips on how to keep your mind, body and soul de-stressed, during the planning phase.

1 Once you know you are going to be married, discuss the wedding day alone bringing ideas together before speaking with anyone else. Bride's, never assume the groom does not have a vision - ask him, he may have a picture in his mind too.

2 Prepare your mind and expectations in advance for each family's ideas and values. Try to work in, where they feel honoured and respected. Although you are not marrying the families, remember, relationships

matter. Avoid this undue stress. Stick to your gun on the things that matter to you as a couple and be flexible on things that will bring joy to the whole family too.

3 Keep perspective, there will be highs, lows, and differences, just remember the bigger picture. Love truly is the thing to remember here, there is a new life waiting for you both the day after.

4 Have a clear financial plan and keep a spreadsheet of all your suppliers, dates, costs. Many couples have said (in retrospection) not to go over your budget, as this will cause stress. In hindsight, the day itself is amazing and will be even more satisfying when you know you have stuck within your funds.

5 Having said that, go all out, for the money you have and pay attention to detail-The detail speaks volumes and often is the talk of the family. If you can, hire a Wedding Planner.

6 Circulate digital and printed running orders of the day(s) and give to those that need to know; best man, parents, siblings, bridesmaids, caterer, wedding planner, DJ, musicians etc

7 Have a clear, realistic and manageable savings plan. Make this non-negotiable if savings is what you are largely relying on for paying for the wedding. Avoid large loans if you can help it.

8 Have a grooming/beauty routine, regular spa days or massages. Many also suggest prayer, meditation and/or, have a positive marriage affirming word that you both say or message each other daily or regularly.

9 Choose the venue first, and get the date booked in, then follow with other suppliers. If you have a favourite supplier, speak to them as soon as possible too. If your venue includes outdoor activities, be prepared for wet or cold weather.

10 Give yourself at least 12-15 months to plan, although there have been some amazing weddings that have been organised in short space of time. However, remember this article is on how to keep de-stressed.

11 Enjoy each task, plan it in like a mini social event, make memories and where possible capture them in videos and photos, and create into pre-wedding

footage. Keep the magic and laughter alive, wedding and non-wedding related without forcing it.

12 Look sharp and your best for the day and for your partner, train, get to the gym or take on a personal trainer. Perhaps factor this in your wedding costs. Eat healthy and nutritious meals and drink plenty of water. If you tent to indulge in the following; sugar, caffeine and alcohol reduce these, as they increase stress in the body in different ways.

13 Do not be a diva. If you cannot book the supplier, you wanted, deal with it, and find another-There are many amazing talented and niche wedding suppliers. Moreover, move on; do not let this spoil the whole experience.

14 Keep in communication on everything including dates, tastings, and viewings with all that are involved. Do calendar invites or share calendars. Note to brides, the groom does not need to attend the planning of the brides pre-party. For some reason, bride's -to-be, often involve their fiancé unnecessarily.

15 Avoid controlling each other's pre-wedding family events, but work together to ensure it flows with the theme, standard and budget. Putting your nose in, where not needed creates stress, more work, more to think about and is counterproductive. Remember families have different tastes, concepts, and celebration ideas as they have their own unique family culture. Instead, enjoy the mixture of styles.

16 Share the workload. Grooms, seriously, do not leave everything to your bride-to-be. Typically, the female counterpart tends to do more of the organising and there is nothing wrong with that. However, make clear, who has the time and is best suited to manage certain tasks. Furthermore, never assume anything; manage each other's expectations through communication. Putting the stress onto one person is not healthy both mentally, emotionally and physically. Have an action plan with dates and the person(s) allocated to lead the task.

17 If you truly want to do your own thing independent of family and their ideas, it may be better to have a destination wedding. Weigh out the pros and cons and be brutally honest with each other's wants and concerns. Once you have made your decision, have peace with it and enjoy the process.



To discover more on how to Design your Marriage and Couples Coaching contact
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 Group workshops during Spring and Summer are available on Request-minimum 6 couples

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19 Do not carry excess baggage into your new married life. If either of you have some 'baggage' (matters from the past, trauma, emotional, mental, physical) that has not been dealt with-now is the time to deal with it. In some cases, our mind has made a simple issue into a 'mountain'. Seek advice, a Counsellor or even a couples Coach and work on closing doors, getting perspective, healing or forgiveness, whatever it is for you.

20 Be patient with one another. If an action has not been completed, work together to solve it. If you are responsible for a task, take ownership and if needed, ask for help from a friend who is available. Be mindful of each other's work pressures too.

21 Have days where it is not wedding focused. Strategically plan in 'non-wedding' social dates. When I say strategic, I mean, where there are no immediate deadlines, or a supplier needs information from you. Do something you enjoy, like reading, walking, golfing, movies etc.

22 Get your zzz's in; this is vital for looking and feeling great. Have a disciplined bedtime routine at least 80% of the time, switching off devices. For optimal health, speak to your GP about vitamins and minerals you may be lacking in, such as iron, B-vitamins, vitamin C and magnesium.

Ultimate tip; be the best version of yourself for the one you marry.

This is the best de-stressing gift you can give.

TO YOUR DREAM WEDDING COMING TO LIFE...