

BIG DAY, LITTLE STRESS

You know wedding plans have taken over your life when these things start happening

WORRYING EXCESSIVELY ABOUT OTHER PEOPLE'S EXPECTATIONS

No matter who you are or what age ... everyone has something to say about your wedding and you may be showered with ideas from well-meaning relatives and friends from the moment you announce your engagement. If you find yourself constantly worrying about the pressures and expectations of others, chances are you're more stressed than you think.

NO TIME FOR ANYONE OR ANYTHING ELSE

Everything else in your life has stopped. You feel that you don't have time for anyone or anything else and have withdrawn from usual social activities. When you do see family and friends wedding talk takes over all conversations and you are the one bringing it up all the time.

OVER THINKING, DOUBTING YOUR DECISIONS



You start wanting to change all your original plans for new and 'better' ideas. Perhaps you're worrying that you made the wrong choice of reception venue, you think you've now found a better photographer and you're having second thoughts about the style of your wedding dress and colour scheme. It's normal to doubt some of your decisions, but if you're questioning every decision you've made to date, you're definitely too stressed about your wedding.

PROCRASTINATING

If you find yourself putting off doing anything on your 'To Do' list it's a clear sign that you're feeling overwhelmed by your wedding planning tasks. Unfortunately, it's a vicious circle. The more stressed you get about how much you have to do, the more you will want to put it off, and as deadlines approach so the list gets longer and stress levels rise.

CRAZY DREAMS AND TIREDNESS

Crazy dreams, sleepless nights and fatigue are definite signs that you're too stressed over your wedding. Stress can interrupt your normal sleep cycle and may result in strangely vivid and confusing dreams. Our dream stage of sleep is not a resting state and stress dreams use huge amounts of energy which means you can often wake up feeling exhausted, as if you haven't slept.

IT HAS STOPPED BEING FUN

You're focusing more on the negative than the positive. Perhaps you're ruminating about the number of guests who are unable to make it or the type of wedding you would have been planning if you had more money and time etc, rather than focusing on the positive, like the fact that you'll be married at the end of all this!

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WEDDINGS CAN BE STRESSFUL BUT THEY DON'T HAVE TO BE...



Remember - Love, honour and cherish YOURSELF
Take care of yourself physically and emotionally. Regularly take time out. Go for a walk, meet up with friends or treat yourself to a massage or Spa Day. Practising relaxation techniques such as meditation or yoga will also be hugely helpful.

BREAK TASKS DOWN

Break tasks on your 'To Do' list down into small achievable chunks. Start with the fun and easy stuff first like a cake tasting or shopping for your wedding shoes. Once you get one or two items ticked off you'll feel better and it will make the rest seem more doable.

GET PLENTY OF SLEEP

Ensure you get 7-9 hours sleep a night.

STEP BACK AND BROADEN YOUR VIEW

Step back, breathe, and realise the most important part of the wedding is not the day itself but that you are marrying the person you love, the one you look forward to building your life with.

