

# windsor essex county WEDDING GUIDE

[www.TheWeddingGuide.ca](http://www.TheWeddingGuide.ca)

## **Avoiding Stress**

The months leading up to your big day can be a time of stress as well as happiness... there is so much to think about and do! Welcome to the wedding jitters...they are about as common as weddings. Luckily there are ways to control your anxiety. Here are a few common sense suggestions:

### **COMMUNICATE YOUR FEELINGS**

Be open and honest if you are feeling upset. Tell your fiancé or family what's bothering you. Don't try to keep stressful feelings to yourself... they may be transferred to something or someone else. Take positive action, whenever possible. Worrying never solved a problem.

### **SHARE RESPONSIBILITIES**

Don't assume you have to do everything yourself. This idea is old-fashioned, as well as exhausting. Ask your fiancé to handle as many organizing and planning functions as possible.

### **FOLLOW A PLANNING TIMETABLE (Follow The Wedding Guide Timetable found under Planning in this website)**

It will give you the secure feeling that you're not forgetting something crucial.

### **HAVE A SYSTEM**

Try to break down each task into organized steps. Next, decide how long it should take and who will do it. Then, set a completion date and stay on schedule.

### **PACE YOURSELF**

In the beginning stages of planning your wedding you have several major areas to decide upon... don't try to tackle them all at once. Try to accomplish one major job a day.

### **TAKE CARE OF YOUR HEALTH**

Eat right and be sure to get enough rest and exercise. Take advantage of time-tested soothers at night: hot bath, warm milk or a back rub. You will keep stress under control if you allow plenty of time to plan your wedding and then follow through on your schedule in a timely manner.