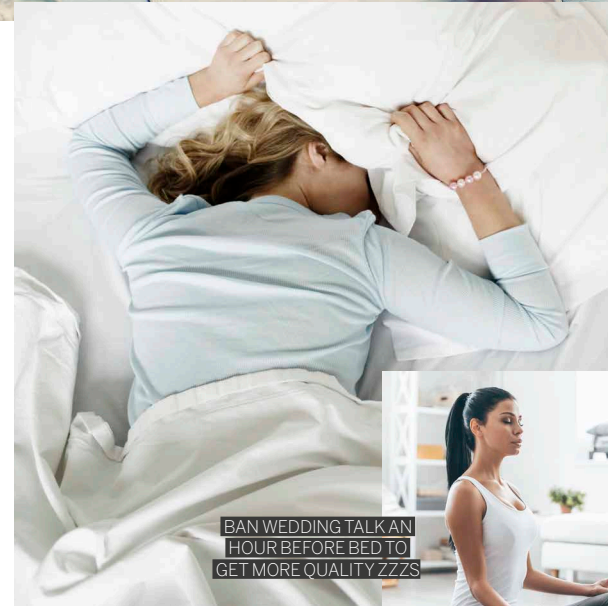
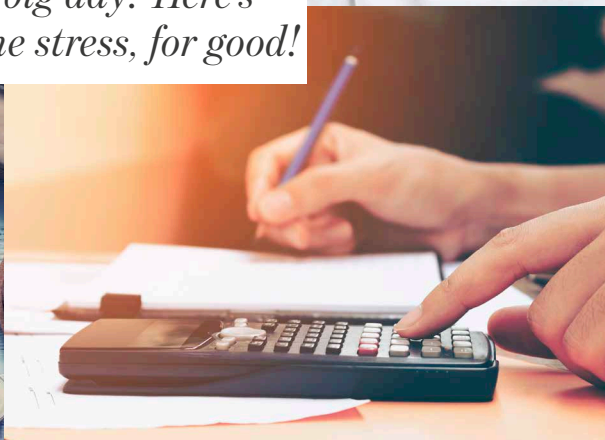


# 8 REASONS YOU'RE STRESSED (AND HOW TO SOLVE THEM ALL!)

Feeling the pressure in the run-up to the big day? Here's how to banish those worries and ditch the stress, for good!



BAN WEDDING TALK AN HOUR BEFORE BED TO GET MORE QUALITY ZZZS



## 1 YOU'RE NOT SLEEPING

**The Problem:** Even though you feel exhausted juggling work and wedding planning, you're struggling to switch off every night. Sleep has become so elusive even the very thought of going to bed is beginning to stress you out, as you just know you're going to lie there, wide awake, with guest lists and table plans whizzing around your head.

**The Solution:** Lack of sleep is a killer, but what's worse is the constant worry that you're not going to be able to sleep once you're actually in bed. Dave Gibson, sleep expert and founder of [sleepsite.co.uk](http://sleepsite.co.uk), says: "Stop all wedding planning – even talking about it – at least an hour before bed and don't take any of it into the bedroom with you. Instead, focus on relaxation. Take a bath, put lavender spray on your pillow and try a spot of meditation before bed."

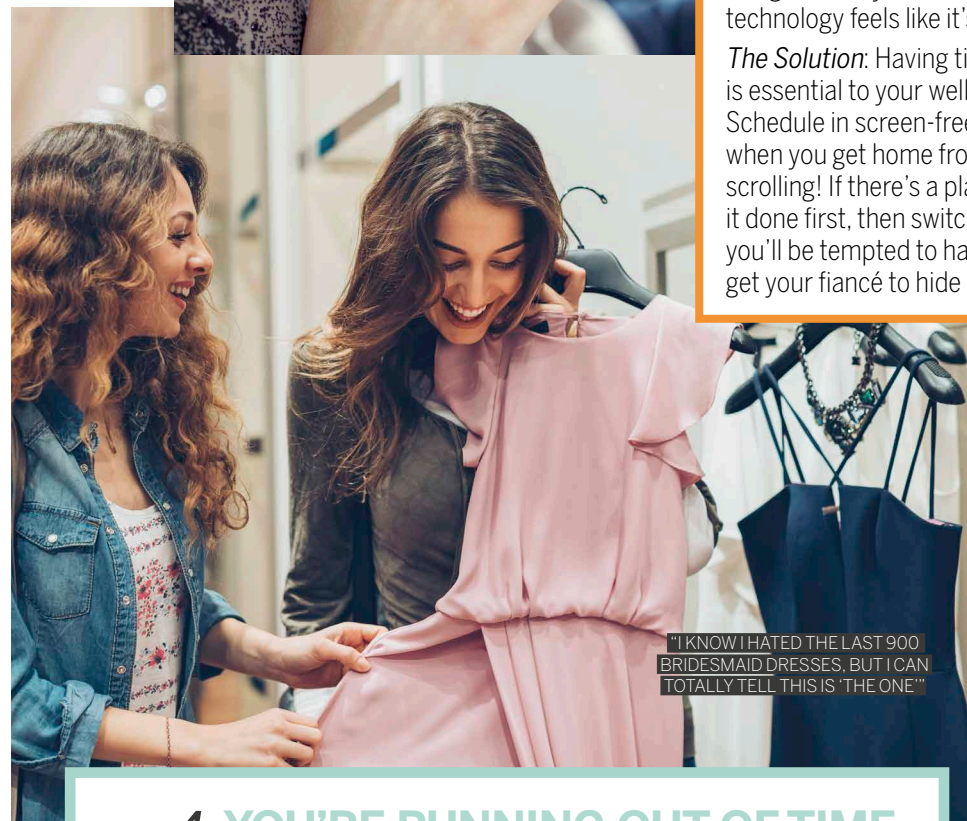


TECHNOLOGY = A BLESSING AND A CURSE!

## 2 YOU'RE TECH OBSESSED

**The Problem:** You've always been permanently glued to your phone, but your obsession with scrolling through Pinterest and Instagram, checking the long-range weather forecast and playing with all the different wedding apps you've downloaded, has gotten way out of hand. So much so, all this technology feels like it's taking over your life.

**The Solution:** Having time away from your phone or tablet is essential to your well-being – trust us on this one! Schedule in screen-free time during the day – especially when you get home from work and should be relaxing, not scrolling! If there's a planning job that you have to do, get it done first, then switch off for the evening. If you think you'll be tempted to have a sneaky peek at your phone, get your fiancé to hide it from you – even just for an hour.



"I KNOW I HATED THE LAST 900 BRIDESMAID DRESSES, BUT I CAN TOTALLY TELL THIS IS 'THE ONE'"

## 3 YOUR GIRLS CAN'T FIND DRESSES

**The Problem:** You thought you were doing your bridesmaids a favour by letting them pick their own dresses, but instead it's turned into a total disaster. You're fed up of the constant calls and emails from your girls, complaining about how impossible it is to find the perfect gown. The one thing you thought would be stress-free is turning into a right headache!

**The Solution:** Bridesmaids are meant to be there to support you, not cause extra worry, but even they can get caught up in the W-day whirlwind! This situation calls for complete honesty and tact – explain to your girls how it's making you feel and offer a solution. Perhaps you could organise a shopping trip together, or set up a group Pinterest board where everyone can share their favourite dress ideas? It might just be that they are feeling overwhelmed at choosing such a special dress and don't want to let you down. Nip it in the bud before it causes any friction.

## 4 YOU'RE RUNNING OUT OF TIME

**The Problem:** Instead of filling you with excitement, your cute 'xx days to go until our wedding!' chalkboard sign is bringing you out in a cold sweat as the countdown to W-day gets closer and closer. There's still so much to do and you feel like you're drowning in wedding planning. It's never going to get done – ARGHHHHHH!

**The Solution:** Top wedding planner, Helen Hopkins at Pudding Bridge ([puddingbridge.co.uk](http://puddingbridge.co.uk)) has these words of wisdom; "Running out of time can be a real worry – but it's totally normal! First, make a list of all the elements that need to be tackled. Focus on one area of the wedding at a time – and don't be afraid to ask friends and family for help. Don't forget it's never too late to get a professional on board. I often help couples in the last few weeks, just to pull everything together."

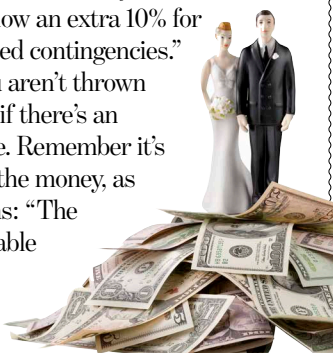


## 5 YOU'RE FRETTING ABOUT MONEY

**The Problem:** It feels like all you do is spend money. A giant cheque here, a big bank transfer there; are you going to live off baked beans for the rest of your life? You've never saved so hard, or spent quite so much on one day, and the numbers are beginning to stress you out, big time.

**The Solution:** First off, take some deep breaths! Money is one of the biggest stress factors in day-to-day life, so it's understandable this is heightened when wedding planning. Olivia Stefanino, author and creator of the 'Money Types' emotional profiling system ([oliviastefanino.com](http://oliviastefanino.com)), says: "From the outset, allow an extra 10% for any unexpected contingencies."

This way, you aren't thrown into disarray if there's an extra expense. Remember it's not all about the money, as Olivia explains: "The most memorable weddings are original and fun!"



## 6 YOU'RE NERVOUS ABOUT BEING CENTRE OF ATTENTION

**The Problem:** You've never thought of yourself as the shy, retiring type, but suddenly imagining all those eyes on you as you walk down the aisle, or during your first dance, is utterly terrifying. You're not a show pony!

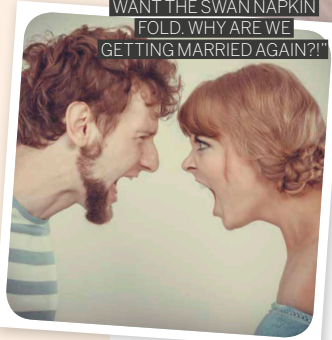
**The Solution:** Whoa there! It's easy to lose perspective in the months leading up to your wedding, but try not to let your thoughts run away with you. Remember the day is about you marrying your partner. Everyone is there because they love you and want to support you, not judge. It's your day, so only do things you are comfortable with. Hate the idea of a first dance? No worries – invite everyone onto the dance floor to start the party instead. If posed photos make you nervous, opt for a reportage-style photographer instead. Do what makes you happy.



## 7 YOU KEEP ARGUING WITH EACH OTHER

**The Problem:** Everyone told you how magical planning a wedding is, but as far as you can tell it just seems to involve argument after argument with your partner about the stupidest things. When is it going to start being fun?!

**The Solution:** Planning a wedding is a really special time, but of course it's not always smooth sailing. You got engaged because you love each other – and that essentially is what all of this is about. It's easy to get consumed by the planning, but relationship coach Jasmina Jazz Bjelica ([jazzcoaching.com](http://jazzcoaching.com)), suggests making time for one another: "Try and shift half of the attention from the wedding to your relationship. Your fiancé might not care about wedding details, but he does care about you – always keep that in mind."



## 8 YOU FEEL LIKE YOU'VE TAKEN ON TOO MUCH DIY

**The Problem:** You've always had your heart set on personalising your day with handmade touches and have a wedding scrapbook stuffed with DIY ideas. But with the clock ticking, the reality of how many paper pom poms and personalised favours that are left to make is freaking you out.

**The Solution:** This is when you need to call on your friends and family to help you out. Assemble your crack DIY team, supply some crisps and wine and you'll whizz all through those jobs in no time. Believe us when we say everyone will love the chance to help and it's a great way to catch up with your loved ones in the process. That's multi-tasking, right there! 