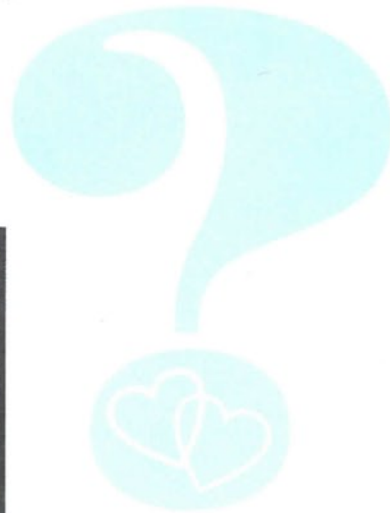


# Wedding bells

## or Wedding blues

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### WEDDING PLANNING TIPS

- Have a **wedding diary** to make notes of all the things you would like to have for making your day special. This helps to keep the mind clear and makes you feel organised.
- Take each day at a time and pace yourself so you feel in control. If planning is getting too much for you, delegate the preparations to people you love and trust or hire a **wedding planner** to help create your dreams in to reality.
- Spend time with people who make you **feel positive and happy** to keep your mind off the jitters.
- Take some time out regularly to relax and have some **'me' time**.
- Continue to do all the things you would normally do like **hobbies, socialising or exercising**, so that your focus is not just entirely on wedding planning.
- Keep a positive mind, happy thoughts and happy feelings.
- Engage in positive affirmations** about how you feel and how you would like the whole event to be.
- Talk to your partner** and express your feelings. You may be surprised to know that he/she may be experiencing the same.
- Remind yourself of the reasons **why you are marrying** the person you are.
- Feel happy and think about the **prosperous future** you can have with each other.

Finally embrace the next chapter in your life and just simply enjoy the special day just as you imagined. ■

It's every girl's dream to have a fairy tale wedding. As the wedding season is upon us and love is in the air, it brings many couples to be united, giving a chance to build a flourishing future together. The excitement of choosing outfits, accessories, decorations and venues brings a fantastic feeling of joy. The thoughts and visualisation of the perfect day plays over and over in the mind.

However as the day approaches, many brides (and not forgetting grooms) may experience a mixture of feelings and thoughts that they may not seem to understand entirely.

Weddings are meant to be exciting and bring happiness yet at times it can leave one feeling overwhelmed. Perhaps

feelings of anxiety and nervousness, which can sometimes lead to stress - hence the wedding blues.

Wedding planning can be enjoyable and fun but there also needs to be a balance so that it doesn't become an obsession. This is where the chances of stress can creep in.

The fact is that, it is normal to feel a little anxious or nervous. After all it is a life changing experience. Some people handle the changes easily; some can't manage to do so well or take their time to adjust. Another possible cause of pre-wedding blues is the sense of losing our identity - new family, new friends, new home, new goals for the future and changes in their lifestyle.

It is important to notice the signs of stress and ensure that you are equipped with ways to deal with it.