



## 12 Wedding Planning Survival Tips

There is a reason why getting married is firmly planted among the top 5 most stressful events in life. Between the desire to have the most perfect day, pressure from parents and in-laws, and conflicts over decisions, wedding planning can quickly take the joy out of getting married. This pocket guide is your secret tool to keep things on even keel. When you feel the ‘temperature’ rise, just take a few quiet moments to breathe and follow these tips.

1. **Remember why you’re doing this!** Hint: it’s not so that you can have the most perfect party, it’s so that you can marry the love of your life.
2. **How important is it?** Will this matter in 1 year, 5 years or 10? Would you rather be right or happy?
3. **Pick your battles.** Some things are worth standing your ground for and some are not.
4. **“You may be right”** is a statement that can put an end to inundating advice from well-meaning relatives and friends.
5. **Where’s the fun in this?** Are things getting a little too heavy and serious? Go out and do something fun together.
6. **Be of service to others!** All that attention can turn even the most un-selfish folks into bridezillas. Shift into giving mode to bring you back to “earth”.
7. **Take a break.** Designate a no-wedding-talk time/days so that the two of you can reconnect and focus on your relationship instead of wedding planning.
8. **Spend time with your besties.** Couples going through wedding planning often lose the connection with their friends, which doesn’t serve them in the long run.
9. **Angry/resentful at your fiancé(e)?** Write a list of 10 things you love about them.
10. **Take care of your insides.** Busyness of pre-wedding preparations can tempt anyone to cut corners with self-care. Put your physical, emotional, and spiritual well-being first.
11. **Blow off steam.** Breathing and meditation are your best friends in times of stress. Find someone you can vent to without holding back.
12. **Sign up for Prepare/Enrich premarital counseling** to help you sort out the important stuff about marriage.