



Your wedding wellbeing guide

Congratulations!

Planning your wedding is so exciting.

But any big day in our lives can inspire a whole range of emotions. And that can be overwhelming.

This guide is here to help you enjoy it. And look after your wellbeing in the process.



Planning

Where should you start?

- **Give yourself lots of time.** Settle on a timeline for planning that suits you, and leaves room for everything else in your life.
- **Decide what's important.** Make a list of a few things that are the most important to you on your wedding day. This will help you focus and compromise as you make decisions along the way.
- **Make a plan.** Doing this from the start can help you stay on track.

Make a budget

- **Think about your budget first.** Whether your wedding is big or small – it's important to know how much you can spend from the start.
- **Do lots of research.** Weddings can cost wildly different prices depending on your plans.
- **Use a budget plan.** You'll find lots of websites with free templates.
- **Remember what's important.** Refer back to your list of must-haves.
- **Avoid overspending on things you don't need.** Bring yourself back to why you're having a wedding in the first place. Love wins. Every time.

Aim for 'wedding-life balance'

- **Include planning in your daily life in small doses.** Rather than one monster task that takes over everything.
- **Give yourself time off.** Make sure to factor in spending quality time with your partner. That's why you're doing this after all.
- **Categorise your to-do list.** This can help stop you feeling overwhelmed. And make sure to tick tasks off when they're done – for that sweet sense of achievement.

Have your day your way

- **Who you involve in your wedding and how much involvement you give them – is up to you.** Weddings can come with all sorts of pressures from other people. Even when they mean well.
- **Listen to advice from friends and family but you don't have to take it on board.** Explaining your reasons for doing or not doing certain things can help them understand why it's important to you.
- **Always bring it back to the two of you.** It's your wedding – no one else's.



The week before

Stress can build as the big day approaches. And with so much to think about it, it's easy to overlook your wellbeing.

Prioritising these simple things could help ease the pressure.



Get a good night's sleep

Sleeping well helps our mood, brain function and physical health. A few tips which might help:

- Maintain a regular sleeping routine.
- Make your sleeping area comfortable.
- Avoid screens before bedtime – opt for a book or listening to music instead.
- Write down any to-do's before you go to bed to stop them from keeping you awake.

Explore our [information on coping with sleep problems](#) if you're struggling.

If you can – make time to be active

Physical activity is a valuable tool to maintain good mental health and wellbeing.

- Moving more can help us get out of our heads and focus on the present. And can provide some respite from planning if you need a break.
- It helps our confidence, mood and sleep.
- Plus, you don't have to run a marathon or visit the gym to be more active. Chair-based stretches, dancing around the kitchen or walking the dog all count too.

Take it easy

For some people this might be sitting on the sofa. For others it might be doing a mindful activity like knitting. There are a few simple things you can do to relax too:

- **Breathing.** Bring your attention to your breathing – not changing it – just connecting with it. And follow your breath for a couple of minutes.
- **Gratitude.** Think of five things you are thankful for right now. Spend as long as you like concentrating on each one of them and how they make you feel.
- **Observation.** Pick a natural object – like a flower, cloud or tree – and focus your attention on it for a couple of minutes. Notice the colour, texture, shape.

The big day

It's here! Here are a few things to consider so everything runs like clockwork while emotions are running high.

Remember – a good leader delegates

Put someone else in charge so you can enjoy yourself. And remember you don't have to delegate to just one person. Just make sure you're comfortable with who you've given each job to.

Enjoy yourself

Try to forget about the plans and be in the moment. Now's the time to enjoy everything you've worked so hard on. Have you made lists or spreadsheets for the day? Print off a few copies and have them lying around so that anyone helping can refer to them.

Eat your heart out

With so much excitement – it's easy to forget to eat and stay hydrated. Have a good breakfast. And try and have a bottle of water handy to sip on throughout the day.

If you have someone helping to run the day, like a wedding planner or caterer – see if they can put together a goody box of food for you to take home at the end of the night.

Stick together

Remember what the day is really about. You and your partner. Find some time for the two of you to take a breather together. And check in with each other whenever you can throughout the day.

What if something goes wrong?

Not everything will go as planned. But ask yourself – will it make a difference? No one will notice anyway. And on the off chance they did – it could be a funny story to tell in years to come.





And beyond...

The build up to a big day can be quite intense. And the comedown afterwards can be hard for some.

It's totally normal to feel a bit blue post-wedding. You've spent a long time planning and looking forward to your big day after all. Here are a few things to help with the transition.

Look to the future

You've been putting all your energy on planning your big day. But now's the time to shift your attention back to your relationship. And your future together – whatever that may look like for you. And don't forget to share your feelings with your partner for support.

Create an 'I still do list'

This can be a list of short and long-term goals. Or hopes and wishes for what's to come. Make plans and add fun and joy into everyday life. After all – that's what spending your life with someone else is all about.

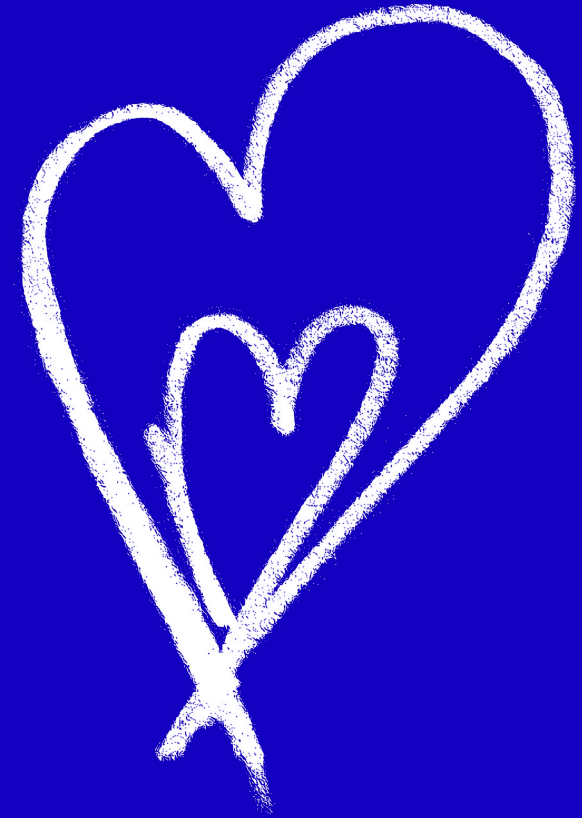
Look back at your amazing day

Look at the photos. Watch the videos. Talk about your favourite moments with friends and family. Or put together a box of mementos to treasure forever. While you do that you can look forward to all the new memories you'll make together.

**Don't forget to look after your mental health.
Even on a day like your wedding day.**

If planning your celebration is having a negative impact on your life and your mental health, please reach out and ask for help by visiting our website [**mind.org.uk**](https://www.mind.org.uk)

And if you're stuck for wedding favours or what to ask for as a gift – find out how you could support mental health on your special day. Visit [**mind.org.uk/weddings**](https://www.mind.org.uk/weddings)



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