

Planning a wedding is an exciting time, but it can also be stressful. We've come up with some tips to help you manage your mental wellbeing and to enjoy the moment.

Minimise stress before the big day

Digital detox

After a hard day at work or a weekend packed with wedding preparations, turn off your TV, laptop, and mobile phone. Put on some chill-out music and have a soothing hot drink – take time out to spend a peaceful moment just relaxing with your partner.

Delegate

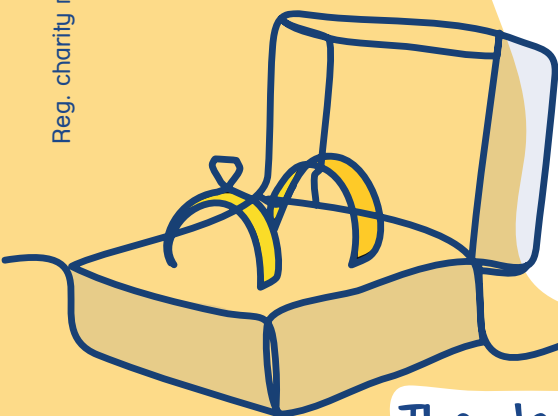
Weddings are major events, so don't be afraid to ask family and friends to pitch in and help make place cards, decorate tables and tie ribbons on favours – they'll love that you asked them to join in!

Be in the moment

Make time for yourselves

You probably won't have a chance to spend time alone with your spouse on your big day. So be sure to take a moment after the ceremony for some quality time to savour the vows you have just made to one another.





Take care of yourself

You will want to say hi to everyone, but it's also important to sit down and have a snack, breathe, and just share the little moments together. Remember that this is your special day and it's ok to put you and your partner's needs first.

The day after

Look forward

It could be your honeymoon, your first shared home, your first pet together, or your first child. You have so much to look forward to. Revel in the knowledge and security that you want to share your lives and grow old together. Your wedding was only the beginning.

Enjoy your shared routine

Once the excitement of the wedding has died down, take your spouse out for a meal (or cook something, if you want to celebrate your newly won domesticity). Look for the beauty in your shared day-to-day life and celebrate your union by appreciating each other and the choice you both made to be together.

For advice and information about mental health, contact our Infoline 0300 123 3393

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To find out how you can support Mind at your wedding visit mind.org.uk/weddings