

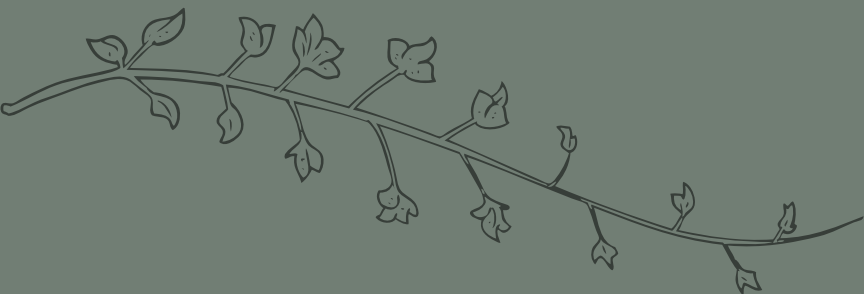
How to manage wedding day anxiety

A guide for couples and wedding suppliers

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Weddings are incredible lifetime milestones, but with all the planning and expectations, hopes, dreams, and that thing called 'life', it can be overwhelming.



1. Awareness

We hope your wedding day will be the best day ever, but sometimes life and our mental health collide with happy events.

With 1 in 6 adults suffering with mental health, it's a very common issue*. There's sometimes an aspect of family politics at a wedding, or maybe a very loved and missed person can't be with you, or maybe your wedding just coincides with other personal challenges. Maybe, your brain is just wired a little differently, your chemicals out of balance.

Whatever the reason, there's no shame here. None.

*mentalhealth.org.uk

2. Preparation

For 'on the day suppliers':

1 – Don't panic. This is where your people skills need to come in. Flex with the timeline and put their needs first.

2 – Allow space. Don't pressure your couple, plot the couple time alone in their timeline, check they have water and snacks, and a loved one with them.

3 – Have a Plan B for the most key photos should the time-line need to considerably change.

Do group shots during the evening, or offer a 'dress-up day' for couple portraits and their family when they are feeling better.

4 – Do everything with kindness, communicate changes and check in with your couple, and work as a team with other suppliers throughout the day.

Lean on your suppliers and loved ones.

"We should make it clear that getting help isn't a sign of weakness — it's a sign of strength."

– Michelle Obama

"When the going gets tough, the tough reinvent themselves."

– RuPaul



3. Preperation

For couples:

1 – Don't pressure yourself. So what if your speeches are 30 minutes later, or don't happen? So what if you don't do a first dance after all? Your guests want what is best for you, they are there to support you, not judge you.

2 – Have a private space to relax in when you need it.

3 – Take deep breaths, stay hydrated and make sure you eat breakfast and graze throughout the day.

4 – Have an assigned, understanding person like a parent or maid of honour to liaise with suppliers on the day so you don't have to.

4. Reach out

If your mental health is impacting your everyday life, or you are finding it hard to manage, please:

- Speak to your GP
- Tell loved ones
- Look into therapy options, for example CBT
- Have a regular self-care routine, even on your wedding day.

Mental health affects everyone differently, and solutions are different for everyone. Find what works for you and prioritise it.

5. Resources

NHS

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Mind

<https://www.mind.org.uk/>

Silver Cloud

<https://www.silvercloudhealth.com/uk>

Headspace app

<https://www.headspace.com/mental-health>

Mental health affects
everyone.

Life will happen, sometimes
even on wedding days;

let's help each other be more
aware so the celebration can
be continued!



"Stay positive,
remember that despite
the anxiety you did
finally get married;
I overcame it in the
end!" - Jasmine

Read bride Jasmine's experience
and the full article on my website.
Thank you for reading.

www.katierogersphotography.com/jasmine