

TIPS:

MAKING EVERYTHING AS EASY AS POSSIBLE FOR THE BIG DAY

WHAT THIS HANDOUT IS ABOUT

Approaching your wedding is bound to raise a few nerves, and you'll be in the majority if this is the first time that you've taken "center stage" in a ceremony!

This handout suggests a few simple tips that might help you steady nerves, settle and just enjoy every precious moment of your day.

Hopefully, your celebrant and any other supporters will help take your mind off worrying about what you want to say or do – and making "mistakes" doesn't really matter! – so that you can just "be" with your thoughts and your feelings as you become one as a couple.

1. NERVES

Possible things to bear in mind that might help steady nerves include one or more of:

- Previewing where the ceremony will take place, if possible (possibly via a photo, if you won't be able to visit the venue ahead of the day)
- Keeping your attention focused on your partner for most of the time, remembering that you are right alongside the person that you love, and that together, you support each other and are invincible!
- Remembering that the moment for experiencing your very special day is "now", taking a little time to appreciate this fact, and enjoying every moment!
- Having an anchor to help bring you back if you find your knees quacking – touching your thumb and index finger, lightly clenching your fist, keeping a word in mind to bring you back, or whatever works for you
- Having an aide by your side – a family member or close friend to walk beside you when you arrive, to stand/sit close by and look after anything that you need to handle, such as keeping paper scripts of your vows to hand and passing them to you when needed. (Note: in traditional Christian ceremonies, a Maid of Honor or Best Man usually play this role)
- Doing your best to relax before the ceremony – take a bath, meditate, walk around the grounds, listen to calming music, just have a little time and space alone, or whatever helps you feel grounded and relaxed
- Taking a few deep breaths before arriving, and before you need to speak or do anything in the ceremony (or you might try silently singing a favourite song, and smiling!)
- Remember that you have prepared well for the ceremony to make sure that everything can go as smoothly as possible, including taking account of things that might go "wrong" – there are no real mistakes!
- Avoiding having too many people around you just before the ceremony who might be prone to offering last minute "advice"
- Do whatever you have to do to tune in to your heart
- If you can, pray for your day to be special just ahead of your ceremony, or have someone else do this for you, or to help set the most positive intention.

2. SOME OTHER POINTS TO BEAR IN MIND

Possible other things to bear in mind that might help you on the day include:

- Taking a moment to walk around the place where your ceremony will take place on the day, if you're able, before guests arrive (this may of course be difficult, and both of you might want to stay separated until you come together in the ceremony)
- When you say your vows and any other words, speak much louder than you might normally, especially if you are not using a sound system. Think as though you are speaking to a person at the back of the room/place where you are. But if you find yourself mumbling and not able to speak up, don't worry, just do what you can!
- Remember that this is your day, and that everyone present wants you to be happy. Many of them will be nervous, and won't notice if you are too – and if they do, they will be willing you on!