

When Wedding Jitters Strike

NAVIGATING EMOTIONAL HIGHS AND LOWS IN THE LEAD-UP TO YOUR BIG DAY

When Anxiety Rises Before the Wedding

What's Normal and When to Reach Out for Support

Pre-wedding anxiety is so common it's practically a rite of passage. If you're feeling overwhelmed, remember: you're not broken—you're human.

“Normal” Anxiety Looks Like:

- **Overthinking details:** It's easy to get caught up in the minutiae of planning.
- **Trouble sleeping:** Restlessness is a common symptom of stress.
- **Worrying about guest comfort, schedules, the weather, or your hair:** These concerns are typical as the big day approaches.
- **Feeling emotionally sensitive:** Emotions may run high during this time.

Anxiety From Big Life Transitions Is Expected

A wedding symbolizes several significant changes, each of which can contribute to feelings of anxiety:

- **Family merging:** Joining two families can be complex and emotional.
- **A new identity:** Marriage often involves a shift in how you see yourself.
- **Financial decisions:** Planning a wedding and starting a life together often include financial considerations.
- **Lifelong partnership:** Committing to a partner for life is a profound decision.
- **Change:** Even joyful changes can be stressful because your brain loves routine, and weddings are anything but routine.

Healthy Ways to Process It

To manage pre-wedding anxiety, consider these strategies:

- **Talk openly with your partner:** Sharing your feelings can alleviate stress and strengthen your bond.
- **Create a grounding routine:** Establishing a routine can bring a sense of normalcy.
- **Journal stress patterns:** Writing down your thoughts can help you identify stress triggers.
- **Practice mindfulness or breathwork:** These techniques can help calm your mind and body.
- **Release perfection—aim for meaningful, not flawless:** Focus on the meaning behind the day, rather than perfection.

When Anxiety Needs More Support

While some level of anxiety is normal, there are times when more support is needed:

- **Consider reaching out to a professional if:**
 - You feel constant dread
 - Anxiety lasts all day
 - Panic attacks increase
 - You're withdrawing from loved ones
 - You feel unsure if you want to get married (this deserves careful, compassionate exploration, not shame)

Your emotions matter. Your wellbeing matters. You deserve a soft place to land.