

TAKE DEEP BREATHS!

If you start to feel jittery on the morning of your wedding, then simple relaxation techniques can help to calm you down. Victoria Wills, head of hypnotherapy at boutique bootcamp NuBeginnings has this advice: "On the morning of your big day, take a few minutes out before it all gets too hectic. Find yourself a comfortable place to sit or lie down, close your eyes and start focusing on your breathing. Allow your mind to slow down and your breath to move lower down toward your stomach. Picture yourself in your beautiful wedding dress – your hair looks great, your make-up is perfect and you look truly fantastic. Now, begin to feel confidence filling your body from your feet all the way up to your head, like a glass being filled with water. Notice how your posture changes – you are holding your head up high, shoulders back, eyes bright and feeling confident and self assured. Next, picture yourself walking down the aisle and greeting all your guests. Notice how happy you are feeling and the way that people react to you when you act this way. Take one last deep breath, stand up straight and think about your wonderful day ahead."

www.nubeginnings.co.uk

RELINQUISH CONTROL

If you've turned into something of a bridezilla, it's probably time to let go and accept that you can't control every aspect of your wedding day – such as the weather or how people will behave. Pre-wedding life coach Lesley Stratton Hughes of Getting Married from the Inside Out has this advice: "Create a relaxed state for yourself by letting go of any need you have to control the running and success of the day, as well as other people's behaviour and enjoyment. Let go of your expectations and trust that whatever happens is the right thing. When you truly put your day in the hands of fate and set it free to do its own thing you will automatically relax, your humour will return and you will have the pleasure of feeling something close to human. Being open, free and accepting is a great breeding ground for confidence."

www.gettingmarriedinsideout.co.uk



Image courtesy of Margaret Lee

FOCUS ON THE PRESENT

On the morning of your wedding you'll no doubt be getting excited about the fabulous day that lies ahead of you. But at the same time it's all too easy to start worrying that you'll trip up down the aisle or that the best man will get too drunk. Alicia Eaton, a leading hypnotherapist and Advanced NLP Therapeutic Specialist says: "Throughout the day itself, keep yourself in the here and now to ensure you fully enjoy the day. Keeping your attention on all the little details around you (your dress, the flowers, your friends etc.) will prevent you from worrying about things that are coming up later in the day such as the speeches and the first dance. Additionally, keeping yourself in the here and now will prevent your mind from drifting back to the past. It's time to forget any arguments you may have had with relatives during the preparations and just completely enjoy the day – it will go by in a flash."

www.aliciaeaton.co.uk

CONFIDENCE TRICKS

Most brides are likely to suffer an attack of nerves on their big day. Liz Alvis looks at five easy ways to beat those wedding day jitters

WALK TALL!

A simple way of boosting your confidence is through adopting good posture. Richard Hilliard, the director of the Relaxation for Living Institute, suggests the following: "Good posture is very important, and if you can stand and sit properly it will help reduce tension. So, keeping your shoulders down, stand tall, as if an invisible string is attached to the top of your head. Stand with your feet apart to give yourself a good base. Just before you're about to leave the house and make your way to the wedding venue, try this exercise: lean slightly forward and let your arms dangle straight down. Now twist your shoulders a little so your arms move from side to side, then let them gradually come to a standstill. Enjoy the feeling of heaviness in your arms and stand tall again. When you are sitting down for the wedding breakfast, sit up straight in the chair with your feet flat on the floor, your chin parallel to the ground and your shoulders down. This will instantly give you a calm and confident appearance."

www.rfi.co.uk

GET A HELPING HAND

Surrounding yourself with people you can trust and rely on will instantly help you to feel relaxed and confident, knowing that they will be looking out for you on such an important day. Vitality coach Lisa Clifford says: "Choose a maid of honour who brings out the best in you. This may not necessarily be your oldest friend or sister, but a person who makes you feel good about yourself. It's vital to surround yourself with people you can trust. Duties such as checking that the flowers and cake have arrived can be bestowed upon a good friend or family member. Don't feel like you are being a burden by delegating certain responsibilities. Giving someone an important task will let them know how much you think of them."

www.lisaclifford.co.uk