

Wedding Planning Stress

Stress is a common factor that all couples planning a wedding share. It may be stress over the little details; money, planning or you may just feel overwhelmed. While you can't eliminate all of the stress inherent in wedding planning, there are a few ways to minimize that stress. In this article you will find common causes of wedding stress and strategies that will help you combat them.

Why is planning stressful? One of the largest causes of wedding stress is trying to keep up with social and personal expectations. Trying to mesh your ideas of a perfect wedding, while also trying to "follow the rules" and keeping up with family members' and friends' ideals is certainly a stressful task. The problem is more apparent when your ideal wedding doesn't follow the rules and doesn't fit in with the vision that friends or family members have. **One of the best ways to combat this particular stress is to realize that no wedding will satisfy every guest, and neither will it follow every wedding rule.**

Another cause of stress in wedding planning is the quest for perfection. All couples want their wedding to match their view of a perfect event. Though this seems like a minor cause of stress, many couples take their quest too far. Unfortunately, while in the midst of matching the shoes, to the bouquets, you'll start to feel a bit overwhelmed.

Trying to do it all alone! This is a major cause of stress. Get the groom, his family, your family and even friends involved. They can do some of the legwork on options and pricing.

Trying to have a Hollywood wedding on a shoestring budget. If your goals are beyond something you can really afford this will create a high level of stress. People create wonderful weddings, with great meaning and memories, on small budgets. Make sure you don't set expectations for yourself that can't happen.

Now relax, take a deep breath and re-examine your wedding goals, teamwork, budgets and expectations. Make sure everyone involved understands and then you can plan your wedding with as little stress as possible