

Managing Wedding Stress: The Bride's Head Revisited

So, you're getting married. Congratulations! You're about to proclaim your love in front of family and friends to the man you adore and be united in a sacred bond. You're also going to navigate what can be one of the most stressful weeks of a woman's life. How do you get through it with your head (and your relationship) intact? Here are some tips.

- Your In-laws are not from the underworld. At times they may seem rude, selfish, insensitive, and condescending, but your in-laws have not been sent from the pits of hell to wreak vengeance upon you. They're coming to show their love and support for the man you're going to marry. If things get strained, close your eyes and try to see the situation through their eyes. Realize that they may have their own insecurities about the wedding, and that what they say and do is a reflection of their past experiences, not of you. We're all doing our best.
- It's not about the dress. Of course, buy a special dress that you look and feel beautiful in, and yes, enjoy every moment of pampering and preparation. But remember that at the end of the day, no matter what you're wearing, it's not about the dress. What really matters is who's in the dress, and who she's marrying.
- Cold feet, warm heart. He won't show up. Our families are going to fight. I'm making a big mistake. If you have unsettling thoughts before your wedding, you're not the first. When they come up, ask yourself honestly "Can I really know that?" and instead of looking for the answer in your head, check with your heart. Our heads may be filled with a thousand fears before a wedding, but our hearts stay simple and sure.
- Crisis? What crisis? There are no crises in reality. There are only opportunities. Marriage is going to bring you many opportunities to find the love in everything, and for some it starts on day one. If worse comes to worst, you and your groom can announce that on any other day this might have bothered you, but on this day, all you know is love — and everyone will see that you're right. Nothing can ruin your wedding when you see that what really matters is untouchable.

Andrew Bernstein is the founder of Mental Yoga, a new non-physical workout that shifts your perspective to bring you peace on any problem. You can now do Mental Yoga online at mentalyoga.com.