

Three Must Have Tips to Take the Stress Out of your Wedding Day

About two years, it was the best day of my life. I woke up like a kid on christmas, ripped our fleece covers off me, stood up and yelled, "It's my wedding day!!!!" My husband, who was still sleeping next to me, didn't share my enthusiasm yet, and instead murmured a yay beneath his pillow.

I grabbed my bag and headed out to the door to do some yoga then meet my bridesmaids to get ready. I was on cloud nine, the whole day it didn't stop. Adrenaline pumping, smiling from ear to ear, I savored every second, and thankfully so because before you know it, the day is already over and you are trying to get off your wedding dress.

As a wedding photographer, I had seen a lot of weddings and knew what most wedding days were all about, but there were also a few things that really saved my day and made it easier. With wedding season approaching, I wanted to share my 3 favorite wedding tips for brides and grooms to make their wedding day less stressful.

- 1. Pack the night before your rehearsal dinner.** Organization is key, and there's nothing like getting to your venue and realizing you forgot your deodorant, underpants, or double sided tape. Make a list and get everything together a few days before. Pack your suitcases for your venue(s) and make a list of what you are bringing and who should take it. I highly encourage you to assign both a bridesmaids and a groomsmen to make and bring emergency kits. Although the girls and guys kits will vary here's a good list for the [ladies](#) and the [gents](#). I've seen these kits save the day, especially when there's a spill or the nerves start to kick in.





- 2. It's hard to sleep the night before.** The night before your wedding is similar to the night before you leave for an epic vacation, remember Disneyland as a kid? You are often so excited/nervous/stressed that sleeping doesn't really happen. I recommend preparing for this mentally and physically. Adrenaline will kick in the day of, you will be up and smiling, but sometimes thinking about not being able to sleep just makes sleeping even harder. If you are aware of this before hand, it often makes it easier the night before to just relax and close your eyes. To help me, my girlfriend made me a wonderful sleeping potion that worked like a charm- [check out her store here](#). Lavender, [Melatonin](#), a hot bath, glass of wine, give yourself some time to relax after your rehearsal to recharge and soften some of those jittery emotions.



3. Pad your timeline so you don't feel rushed. If you are working with your planner or photographer, they usually are already doing this, but it's always great to remind them. Padding your timeline means giving yourself a little more time than you need encase things run behind. For example, if it is suppose to take you 15 minutes to get from your hotel to the venue, give yourself 30. That way if hair or makeup runs behind, you have 15 more minutes to get there. My hair and makeup took way longer than we had planned. I'm not complaining because she made me look good and I have real thick hair, but we had to fly through the family photos and skip the wedding rehearsal. Luckily, we had padded the timeline a bit so we didn't have to miss out on any of the photos we wanted before hiding away for the ceremony.



Your wedding day should be the best day of your life, not the most stressful! It's a day that you want to look back on with a smile and a glass of champagne with your friend by your side. If you want any more tips, advice, vendor referrals, reach out to me! I'm happy to help! © Angela Divine Photography 2017