HEALTHCARE

TOP GAINER

9.90 + +0.60

Suzlon Energy

MARKETS

1Y Return

↑ +60.37

INDUSTRY

STOCK

Sun Pharma Adv. Res

TOP LOSER

227.75 1 -7.75

Q

INDIA NEWS

BEST EQUITY FUND

Nippon India ETF

Nifty PSU Bank BeES



MONEY

AUTO

FOREX UPDATE

CRUDE OIL

7049 1 +128

BLOCKCHAIN

GOLD

49636 + +522

BEST DEBT Bank of Inc. Risk Fund-

BRANDWAGON AUDIO MORE MARKET STATS

US STOCK

ADVERTISEMENT 7.17. Tata AIG Starting at WITH YOU ALWAYS Travel Insurance ₹45.50 per day, **Get Price** Travel anywhere in T&C Apply · Asia Travel Guard Policy - UIN: TATTIOP21190V022021 · IRDAI REGN, NO.108 · UID NO. T0321001

Must Read

Home / Lifestyle / What Is Pre Wedding Depression And What Are Ten Simple Strategies To Overcome It

Abans Holdings IPO subscription opens; check price band, GMP, allotment date, should you apply?

What is pre-wedding depression, and

what are ten simple strategies to overcome it? A severe attack of the jitters could render you incapable of going down the aisle. However, couples and their families frequently disregard the stress and worry associated with it and avoid taking excessive care of their mental health.

Written by FE Lifestyle December 9, 2022 11:00:00 am

Before a wedding, a person may experience pre-wedding blues, often known as cold feet.

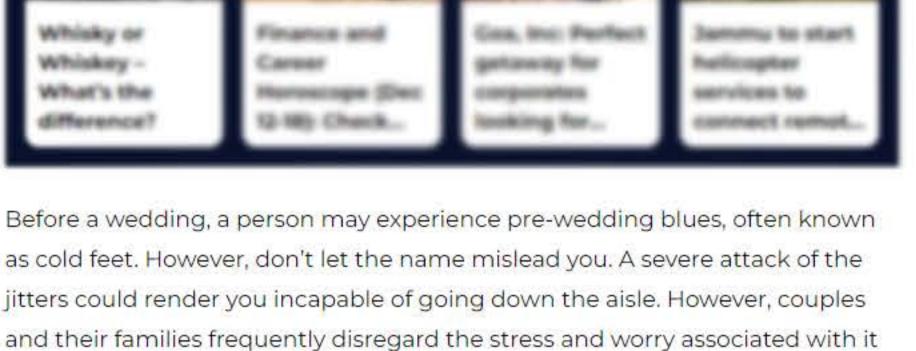
overcome it?

tale wedding. Not getting your favourite designer dresses, feeling pressured to look perfectly nice, doubting your decision to marry, something going wrong

Given its popularity, everyone desires to be a designer couple and have a fairy-

What is pre-wedding depression, and what are ten simple strategies to

during the ceremony, post-wedding adaptation depression, etc. are real difficulties that make a "bride and groom-to-be" toss and turn at night. Planning for the "happiest day of your life "may appear to be the most difficult task imaginable due to drama, stress, or nasty hormones. When a newly engaged man or woman experiences worry, despair, and inexplicable sadness, they have "wedding blues." However, the bride and groom and their loved ones can't really describe this experience.



Malini Saba, a psychologist, human rights activist, businesswoman, author, and founder and chairman of the Anannke Foundation, shares 10 simple

Since you wouldn't want your special day to be ruined by your mental state, Dr.

Also read: Multitasking is the 'New Normal': Implications of longer travel

and avoid taking excessive care of their mental health.

strategies to overcome pre-wedding depression:

time on a working professional

1. Breathe, sit back, and relax: Don't be too quick to blame; instead, perform some breathing exercises and attempt to calm down. You must learn how to lighten up. Even if it means eating your favourite ice cream, do whatever it takes to make you happy. If

you're concerned about your waistline, your bright, cheerful smile will

undoubtedly draw attention away from it. You can only think logically and

Unless you acknowledge that you're experiencing pre-wedding depression,

particular needs to feel calmer and happier.

the best answer.

List the advantages and disadvantages:

Accept pre-wedding depression or anxiety:

solve any issue when you are calm.

you will avoid your issues with mental health. Though you shouldn't selfdiagnose with "anxiety "or "depression, "admit you're having uneasy thoughts and are disturbed. Even if you initially deny your diagnosis, accept it. It prepares you for further

healing. Acceptance doesn't mean giving up; it involves fulfilling your

If you ever have doubts about your decision to be married, simply write down all of your concerns. Then, decide how many are solvable and what options you have. If you are sincere with yourself, nothing can prevent you from choosing

As you write everything down, you'll realise that many of your worries are

beyond your control. Almost everyone with pre-wedding anxiety worries about

things they can't control. So is it beneficial to worry?

Remember why you're marrying:

Nothing is perfect, and that is okay:

disaster can ruin your day.

Stay positive:

my partner the one for me? "When these thoughts arise, remind yourself why you started. When you're nervous about your wedding appearance or anything else,

remember that your partner wants to marry you just for being you. No natural

Before your wedding, you may wonder, "Am I doing the right thing?" and "Is

anticipated? And that any minor hiccup completely alters the reality of how you expected things to unfold? Relax; this occurs to everyone. Soon, the rituals and ceremonies will conclude and life will return to normal, so

relax. Remember that life is never effortless for anyone. There will be ups and

Post-marriage life will change, but not for the worse. In-laws are no longer as

harsh as they are portrayed in soap operas. Life could be a fairy-tale happily-

ever-after for all you know. If you're involuntarily stressing about wedding day

downs, but you will soon have your soul partner to share them with.

Also read: The future of the luxury leather market in 2023

Does everything appear to be coming apart? As if nothing is transpiring as you

problems, think of all the good things. Your fiancé will be overjoyed to see you. Your friends and family will be

 Talk to people you trust, and do remember to confide in your partner: You must confide in a few trustworthy loved ones regarding your issues with

mental health. Your loved ones have a right to know if you are battling with

wedding planning anxiety, daily anxiety, or are simply generally unwell, so that

Trust your partner and remember that this is a person who has committed to

delighted, and the day will be a ceremony of your love. Focus on everything

that will go well, rather than the last-minute modifications you dislike.

you're going to share a life with someone, you owe it to him or her to explain your problem. You can depend on your partner to always comprehend your illness, provide unconditional emotional support, and love you regardless.

stay by your side in illness and in health—and mental health is included. If

Your triggers are:

they may comfort you.

You must recognise your anxiety triggers, whether they're wedding preparations, nosy relatives, or squeezing into your wedding outfit. It's a long process, but it can help you spot warning signs and prevent relapse. Remember, the six months before your wedding might be stressful.

Spend time together before the wedding. You might arrange weekly special

are to get married.

Meet your partner:

This can reduce stress and keep things in perspective before a wedding. It could help you remember how much you love your fiancé and how happy you

It can be your best friend's house, a trusted relative's place, your therapist's

chair, a spa, or a park. Safe spaces enable you to avoid depression triggers and manage anxiety episodes. When planning a wedding with anxiety and depression, you must establish safe zones where you can retreat for a muchneeded break and alleviate your stress.

If all else fails, see a specialist for treatment and medication, just as you would for any other illness. The sooner you treat your health problems, the sooner



<11>

Tata AIG Travel Insurance **Get Price** T&C Apply • Ann Travel Guard Pelicy - UIN | TATTICPT1190V022021 | HDAT REON: NOXING • LID NO TOX2001

ADVERTISEMENT

Starting at ₹45.50 per day,

Travel anywhere in

MIUI 14 update launched: Top features,

eligible Xiaomi devices,



Lok Sabha: Reform EC appointments process, regulate internal functioning of political parties Government to not

make RBI's letter on

inflation public; 'It is

communication'

privileged

09:00

10:00



18,550 18,500

18,450 18,400

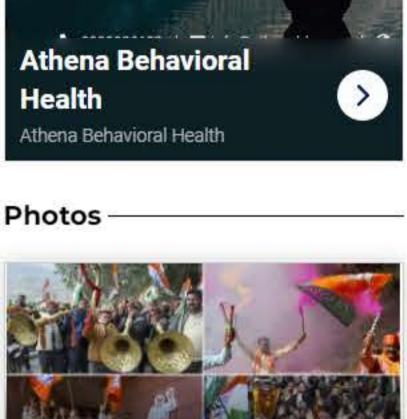
18,350



11:00

VIEW ALL MARKET DATA





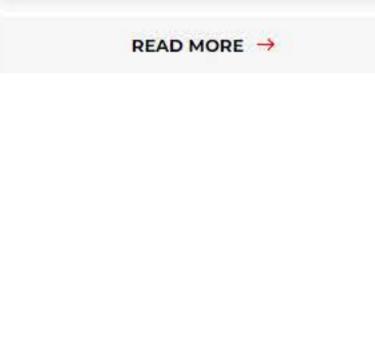


Realme 10 Pro Plus launched in India:

The 10-point rough cut

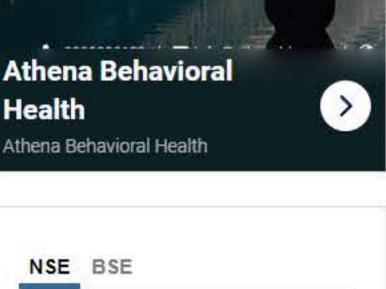
Himachal - See Photos



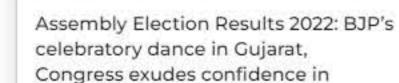


Latest News -**Entod Pharmaceuticals** expands its business portfolio; Enters into glaucoma, dermatology and ophthalmic surgical equipment segment









4 days ago



dinners to keep the time as pleasant and relaxing as possible.

1. Safe place, and do get medical help if needed.

MORE STORIES ON lifestyle Mental Health

you'll feel better.