

5 TIPS FOR A STRESS-LESS WEDDING DAY



- 1 Build and communicate your timeline
- 2 Prepare for the unexpected
- 3 Make a list of family photos
- 4 Prep your attire
- 5 Stay hydrated and fed

BUILD AND COMMUNICATE YOUR TIMELINE



Start with your hard times: determine your ceremony time and cocktail hour start time. Then share those with your photographer so they can help you build a schedule that will allow plenty of time for beautiful photos combined with a bit of happy downtime



As you get closer to your day your timeline will begin to take a very specific shape. If you worry about family and wedding party people being timely, share the timeline with them too! A shared Google doc works great!




Pro tip: always build in 15 minute pillows of time to account for lateness, travel, bath rooming etc!




Every photographer is different but I suggest one hour for portraits and 30 minutes each for wedding party and family photos.


PREPARE FOR THE UNEXPECTED




Wedding days are whirlwinds of emotion and activity, new shoes, and sometimes even broken zippers. Preparing in advance to bring along little things you might need in an emergency does a lot for easing your mind and reducing stress on the big day.



Pack a cute little makeup bag or craft organizer full of the following: bandaids, numbing spray, anti-blister balm, bobby pins in your hair color, safety pins, scissors, sewing kit, Advil or Tylenol, antacid, antidiarrheal, floss, hairspray, and deodorant. And anything else you can think of.




If you are feeling stuck, there are a lot of amazing articles online about what to put in your wedding day emergency kit.



In my experience SCISSORS are the number one most used tool on a wedding day that many people forget. (Don't worry, I'll have some with me!)


MAKE A LIST OF FAMILY PHOTOS




Ohhhh families. You can't live with them and you can't live without them! And we all have them! Schedule a half hour for immediate family photos. Tell all immediate family members to arrive 15-30 minutes prior to family photos start time.



Family photo time is for immediate family members. Immediate family members are parents, grandparents, and siblings and any/all of their spouses and kids. Extended family photos can happen during your cocktail hour or reception.




If you have divorced or complicated families, work off a list. Give the list to your photographer to take all of the onus off of you. To maintain efficiency and keep stress at a minimum, keep your list to 16 or less family combinations. Think of which photos will be most important to you in the long run.




Include everyone. Yes, everyone. Do one big family photo with everyone in it first, then break this down into smaller groupings until you get to you and your mom, you and your dad, and you and your siblings.


PREP YOUR DRESS (OR SUIT!)




Maybe this sounds like a silly thing to suggest, but this is pretty important stuff. On your last dress fitting, have your seamstress reinforce the clips, clasps or buttons on your dress. I have sewn up dresses, bustles and bows many, many times! (Thankfully, I love to sew!)



Are you or your spouse wearing a bowtie or cufflinks? Please take a few minutes to YouTube and then practice how to tie a bow tie and wear cufflinks. For most of us, these are not standard practice in our everyday wardrobe thus, they are often very time consuming tasks on a wedding day.




Practice bustling your dress at some point before your wedding! Nominate a 'bustler' on your wedding day! They will be responsible for helping you!




Pro tips: break in your wedding day shoes, pack an extra shirt for your groom (especially on a hot day!), and last but not least settle on your undergarments BEFORE your wedding day!


STAY WELL




Taking care of yourself during this stressful (but fun and amazing!) time in your life is super important. If you have time and funds, schedule a little time for a massage (or two!) the week of your wedding. Learn and practice breathing exercises and move your body on a regular basis.



Hydrate like crazy the week of your wedding! Your skin, lips and general well-being will thank you!



Don't forget to leave time in your wedding day (and life in general!) for magic to happen. Connection is magic and if you leave a little time here and there in your schedule for 'nothing' to happen with all of your favorite people around you- I am pretty sure some amazing things WILL happen.



Cater your getting ready time. Have breakfast or lunch delivered and please make sure you eat. Have snacks and water at the ready for everyone. You may not feel like eating but trust me, you really should! I can tell you a few stories!

THANK YOU!



I hope this little guide was helpful!

Feel free to reach out with any questions!

I feel like it is my mission as a wedding photographer to help minimize your stress so you enjoy every minute!

(Hint: this makes for way happier photos of you!)

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