



The 20-Something's Guide

to
Surviving

Wedding Season



Hey girlfriend!

Are you starting to stress out about wedding season? Are you feeling like you have zero control over your summer weekends? Are you psyched to support your friends, but wondering how the hell you're going to stay on top of your own priorities too amidst all of the wedding festivities you've got going on?

Never fear! I'm here to help!

Yes, wedding season can be a source of stress. From overly scheduled summer weekends to trying to stay on top of your own routine to worrying what it's all going to cost you, it's no wonder we can get in bit of a tizzy when thinking about it!

But if you put some prep work into it ahead of time, you can let go of those worries and embrace the season for what it is: an excuse to hang out with your closest friends and support the important ladies (and guys) in your life! Who doesn't love an all-friend dance party or an excuse to buy a new dress and get a blowout?!

This guide will help you create strategies for dealing with the different sources of anxiety that can arise during wedding season. Print it out, fill it out and bring it with you! Arm yourself with a game plan so you can kick the stress to the curb and ENJOY all of that time with your friends!

Be well and have fun,

Carolyn

Regaining control of your calendar

Just because it *feels* like all of your weekends are taken up by weddings, doesn't mean it's necessarily true. Often we make scenarios out to be worse than they really are when we hold them in our minds and mull over them rather than looking at the actual facts. **Let's get it all down on paper so we can see what you're really working with.**

Part 1: Stop avoiding your calendar

- ☐ Instead, put all of the dates down where you know you have obligations in a calendar. Seeing all of your booked weekends physically written out will help you notice the OPEN weekends that you DO have.

Part 2: Block off a few free weekends

- ☐ Now that you've identified your obligations, look for your free weekends.
- ☐ Before anything else gets added to your calendar, block off a few weekends for YOU.

When blocking off your some free weekends, you don't have to know where you're going or who you'll be with. **Just the act of blocking them off means you are prioritizing YOU and your own adventures so no one else can schedule over them.**

Budgeting

Between travel, gifts, bachelorette parties and bridesmaid dresses, weddings can get expensive. Have multiple of them and the price keeps going up. As a result, it's easy to feel like every paycheck you receive during the summer goes straight to rent or wedding stuff, leaving you with the feeling that there is nothing left to spend on what *you* want. **The trick is getting a handle on the general amount you're going to need to spend on weddings before the season starts so you can know what you're working with and where you can spend on yourself.**

Part 1: What are your obligatory expenses?

- ☐ Think about each wedding you have and break down the different categories you'll need to spend money on. (For example, bridesmaid dress, airfare, hotel, bachelorette party, etc.)

Budgeting

Part 2: Start budgeting each category

- ☐ Now do your best to budget out each of these categories. Some of them can be tricky to know ahead of time (such as the total cost of a bachelorette weekend), but do your best. Start with the more fixed-cost categories (such as determining a maximum gift price per wedding).

Part 3: Total them up

- ☐ Add up all of the categories so you know your general budget.

Budgeting

Part 4: Where can you save now?

- ☐ Now that you have a general sense of how much you need to budget for wedding season, where can you save *now* so you can free up some cash for *later*? (Ex. Drink coffee at the office instead of buying one every day on the way to work from now until the end of the summer)

Part 5: Treat yo' self (thoughtfully)

- ☐ Decide where you want to spend on you (such as a new bathing suit or a weekend away with your significant other) and stick to it throughout wedding season so you don't make rogue purchases.

Creating time for self-care

This section is arguably the most important! It's easy to lose focus on your own needs when you're so busy focusing on everyone else's. **If left unattended too long, we can start to feel resentful when our own needs aren't met.** Not a great feeling to have when you're trying to make sure your friend has her best day ever. Use the below strategies to make sure you have ways to do you.

Part 1: Carve out time to for YOU

- ☐ You're doing an amazing job celebrating your friends, but you also need to take care of you. So whether that means getting up earlier than everyone else and taking a walk or taking an extra 5 minutes to sit on the bathroom floor and meditate as you're getting ready during a bachelorette weekend, determine what will help you feel calmer and nourish your soul.
- ☐ Write down (ahead of time) how you plan to take care of yourself. You'll be more likely to follow through.

Creating time for self-care

Part 2: Get enough sleep

- ☐ Get good sleep leading up to the event so you go in energized, rather than running on fumes.
- ☐ Go to bed when you're tired, even if other people are still partying. I know I sound kind of like a mom, but you'll thank me later.

Part 3: Make time for movement

- ☐ Bachelorette and wedding weekends can involve lots of food and booze and often little physical movement (besides dancing your butt off obviously), which can lead to that low energy "blah" feeling. Even if it's just going for a short walk, find some time to move your body a bit and I bet you'll feel better.
- ☐ Enlist a friend: talk to a friend ahead of time and plan to motivate one another throughout the weekend. Having an accountability partner will make you much more likely to actually do the workout (or even go for that short walk).

Creating time for self care

Part 4: Bring your own food

- ☐ If you have food allergies, know that you function better when you eat certain foods or are generally watching what you eat, buying your own food head of time can give you more say around what types of foods you put into your body during wedding and bachelorette weekends. If this appeals to you, plan your grocery list below:

- ☐ If you're flying and can't bring certain foods on the plane, you can always ask the person responsible for buying groceries to get the items you need and then pay them back.

Beating the comparison mindset

When spending the summer celebrating the love that your friends have found, it can be easy to start comparing your love life (or lack there of) to theirs. Even if you're in a serious relationship, if you're not also getting married, you might start unintentionally comparing your relationship and timeline to that of your friends. This comparison mindset is problematic, as it only makes you feel worse. The rest of this guide focuses on a few techniques to help you quit the comparison game.

Part 1: Psych yourself up

- ☐ Give yourself a pep talk, right here, right now! I guarantee you are more awesome than you are giving yourself credit for!
- ☐ What are 3 things that are unique and awesome about you and/or your life? Or what 3 things about you/your life are you really proud of? (Write them below)

Beating the comparison mindset

Part 2: Curb the thoughts as they enter your mind

- ☐ Put together a strategy for what to do when you notice yourself comparing yourself to your friends who are getting married. This could be anything from taking a short social media detox to actively telling yourself how awesome you are in the mirror. Whatever works for you.
- ☐ Write it down so you'll better remember it in the moment.

Beating the comparison mindset

Part 3: Phone a friend

- ☐ Determine a friend you can text or call when your comparison train starts to run away from you and have them remind you why you are so awesome and don't need to be comparing yourself to others.
- ☐ You can also rely on a couple of friends: someone for general day-to-day pep talks and someone else who will physically be with you during wedding and bachelorette weekends.
- ☐ Think about each of the weddings you'll be attending and write down who will be your "phone a friend" link for each.