

## Florence Antiques features one-of-a-kind items



Located at 494 Highway 101 in Florence since 2010, Florence Antiques proudly specializes in true antique furniture and vintage estate jewelry.

Whether you are furnishing your home or looking for a wonderful, one-of-a-kind piece of jewelry, we might just have what you are looking for in one convenient location.

Ideally located in the heart of the Florence Antiques District, we represent the best along the central Oregon coast.

During the month of February,

all of our wedding and engagement rings for brides and grooms or the upgrading of original wedding sets for that special anniversary will be 20 percent off.

## Follow these tips to tame wedding day nerves and jitters

**W**hen couples tie the knot, many changes are in store, many compromises will be made and many lasting memories will be created. But in the weeks and months before their big days, couples can easily get caught up in the whirlwind of wedding planning, never taking inventory of their feelings until their wedding days have arrived.

Come their wedding days, couples should not be surprised if some nerves set in. A survey from the self-help resource The Fear Source indicated 71 percent of brides-to-be suffered from some type of nerves during the lead-up to their weddings. Many reported that it affected their daily lives prior to their weddings or hampered their performance and enjoyment during the day itself.

According to Psych Central, a modern online voice for mental health information, emotional support and advocacy, pre-wedding jitters are common and can be the subconscious telling a person that something needs to be remedied.

Wedding nerves do not mean a wedding is doomed; it just means certain issues may need to

be worked through. The following are some ways to tame wedding day nerves.

### **Keep an open dialogue**

Speak with your future spouse about the things that may be causing your anxiety. Maybe you have doubts on financial choices or where you will be living after the wedding. Communicating openly and honestly is one of the foundations of a strong relationship.

### **Slow down and breathe**

Wedding planning involves making many decisions, and sometimes couples move at breakneck speeds. Make slowing down a priority. Try to enjoy a quiet dinner with just the two of you. When enjoying peaceful moments, take deep breaths, which can be calming and revitalizing. If need be, consider signing up for a yoga or tai chi class to force you to slow down.

### **Address performance anxiety**

It's easy to build up the big day in your mind and hope that everything goes according to plan. But it's impossible to plan for each and every outcome on your wedding day. Focus on everything

that can go right, rather than worrying about what might go wrong. Also, realize that your guests are your friends and family members who will be forgiving of any hiccups along the way. You're bound to recover gracefully from any mishaps.

### **Work on confidence**

Wedding fears may stem from inadequate self-confidence. Give yourself a pep talk and surround yourself with positive people. Keep the worrywarts at arms' length for the time being.

### **Recruit more help**

Weddings are huge undertakings, so it's no surprise that couples sometimes feel overwhelmed. Ask reliable relatives or friends to double-check all of the last-minute details. This way you don't feel it is all on your shoulders.

Wedding days nerves are to be expected and often have little to do with the decision to get married. Planning such a big event can be nerve-racking, but there are ways to combat any anxiety that builds up as the big day draws near.

—Metro