

COVID-19 COPING TIPS FOR BRIDES

bellamore
BEAUTY

While we don't claim to be experts, we want to do what we can to help alleviate stress for our brides and others, as many are faced with the heartbreaking task of cancelling or rescheduling their wedding. Here you will find helpful tips from our experience, and other experts all in one place. Take a deep breath, grab a glass of wine (or water), you've got this!

TURN TO THE PRO'S

Your vendors are here to help and work with you, so please ask! If you have a planner, lucky you; if not, you can do this! There are many amazing publications that industry specialists have pulled together outlining tips, practical steps and strategies to tackle this challenge. A local one that we're following closely is the [Bronte Bride blog](#). You can check out their Covid-19 blog posts at the following links:

[The Reality of Postponement](#), [6 Tips for a Smoother Postponement Process](#), [Tips from the Pros](#) (some are from us!)

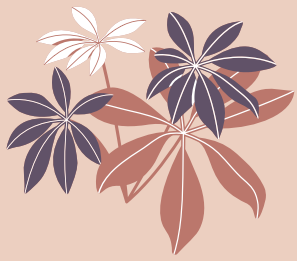


FOCUS ON WHAT YOU CAN CONTROL

"Focus on what you can control, and don't waste energy on the things that you cannot."

Unfortunately, we can't do anything about the reality of the Covid-19 virus and the measures required to stop its spread and keep our communities safe. What we can control, however, is how we react to it.

We know it's easier said than done, but try to focus your energy on everything in this guide. Make a plan and take action, practice gratitude, take care of yourself and of course, ask for help if you need it.



PRACTICE GRATITUDE

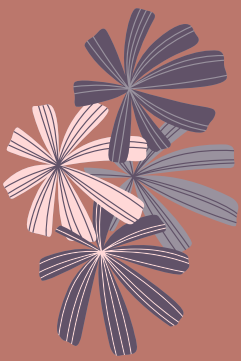
"There is no joy without gratitude." - Brene Brown

What are you grateful for? Whether you write it down every day, or think about it consistently, practicing daily gratitude can have an immense positive impact on your mental health, and at times like these, it's essential! If you are faced with the possibility of cancelling or rescheduling your wedding take some time to make a list of any positives you can think of, no matter how small and when you are feeling overwhelmed or sad, refer back to this list. Beyond your wedding, write out at least three other things you are grateful for right now, and try to do this every day.



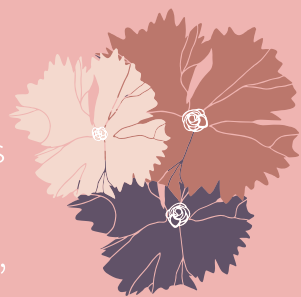
TAKE CARE OF YOURSELF

Self care, self care. self care. We know you've been hearing it a lot lately, but for good reason, it is SO important! There are so many different ways you can do this, and a quick google search will bring up many different ideas. To make it fun we created a ["Self-Care Bingo" card](#) that you can do on your own or with family or friends. Whether it's from our list or your own, try to do at least one self-care activity every day; especially right now.



ASK FOR HELP

In a matter of days we have found ourselves isolated at home, for some, without a job or income, and faced with fears of a potentially serious illness within ourselves, family or friends. Without the addition of wedding stress, that is a lot. As you reach out to your vendors to understand their policies, reschedule or cancel don't be afraid to ask friends or family to help, you do not have to do this alone! In addition, we found a great [Mental Health Guide by Alberta Health Services](#) that shares coping tips, sources for the latest reliable Covid-19 information and phone numbers for free professional help.



"Difficult roads often lead to beautiful destinations"

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