

HOW TO DEAL WITH WEDDING NIGHT JITTERS

- 1 Eat.**

You've probably been so busy and excited that you didn't have a chance to eat at the reception. Have some food now.
- 2 Postpone physical contact.**

Unwind from the stress and excitement of the wedding before heading to the bedroom. Do something you both enjoy: Get an ice cream, take a stroll in a park, or just sit in a quiet place and talk about the day.
- 3 Eat mood-enhancing food.**

Chocolate is an excellent mood enhancer: It contains the stimulants caffeine, theobromine, and phenylethylamine, as well as anandamide, a chemical—also produced naturally by the brain—that may enhance feelings of well-being.
- 4 Get the room ready.**

Dim the lights, adjust the temperature, light scented candles, and put on soft music. Keep juices, bottled water, and fresh fruit on hand to rehydrate, rejuvenate, and reinvigorate.

- 5 Get yourselves set.**

The bride and groom should be relaxed, comfortable, and confident. Offer a foot rub. Use lavender soap and scent to promote relaxation. Put on a cozy nightgown or robe over sexy lingerie or underwear.

- 6 Do something you've never done before.**

HOW TO REVIVE YOUR NEW SPOUSE

- ★ **Brew coffee.**

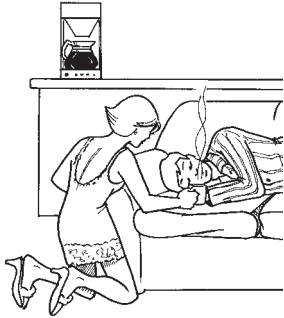
Pass a mug of coffee repeatedly under your spouse's nose.
- ★ **Begin undressing your spouse.**

Remove his socks to cool his body, then follow with his shirt, pants, and underwear. Most people will wake up if they sense they are being undressed.
- ★ **Rub ice cubes over your spouse's body.**

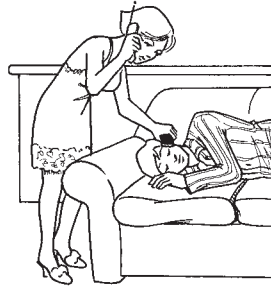
Start with the forehead, wrists, and soles of the feet. Keep going.
- ★ **Apply pressure to the nail bed.**

Take the tip of one of your spouse's fingers and hold it between your thumb and index finger. Very gently, apply steady pressure to the nail bed. Do not squeeze too hard. This method, used by emergency personnel to determine unconsciousness/unresponsiveness in victims, causes sharp pain. It should revive your partner quickly.

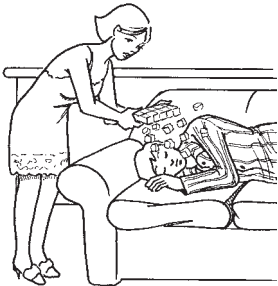
Reviving Your New Spouse



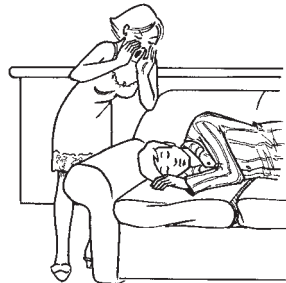
Use coffee.



Use his phone.



Use ice.



Use lung power.



Tickle.



Call on the telephone.

If you are in a hotel, call the front desk and ask them to ring your room. Or call your spouse's mobile phone from your mobile. Most people will respond to the sound of a ringing phone.



Pretend there is an emergency.

Yell "Fire!" "Earthquake!" "Muggers!" and "Watch out!" repeatedly to get your spouse's adrenaline flowing. Once your spouse is awake, you can explain that you weren't ready for your special night together to end.