

## WORST-CASE SCENARIO®

# HOW TO MAINTAIN COMPOSURE DURING THE CEREMONY

## CRYING JAG



### Take deep, measured breaths.

Inhale through your nose and exhale through your mouth. Deep breathing will calm you and prevent hyperventilation brought on by crying.



### Stare at inanimate objects.

Focus on floral arrangements, your clothing, or the floor.



### Recall trivial details.

Try to remember the color of your childhood blanket, or the make and model of all the cars you have owned. Attempt to say the alphabet or the months of the year backward.



### Stand up straight.

Crying will cause you to bend forward and make your head and shoulders shake. Concentrate on good posture: Keep your back straight and your head held high to combat the physical effects of your emotions.

## Be Aware

Crying at weddings tends to be contagious and mutually reinforcing. Do not look at others who are crying or you may lose control.

## LAUGHING FIT



### Bite your tongue.

Bite down on your tongue hard enough to cause pain but not so hard that you cause bleeding or other injury.



### Prick your finger.

Using the pin from your boutonniere or a thorn from a rose in your bouquet, quickly stick the pad of your thumb to cause pain. Put pressure on the pricked area for several minutes to avoid bloodstained clothing.



### Pinch yourself.

The skin on the back of the upper arm is very sensitive. Squeeze a small section of skin between the thumb and index finger of your opposite hand. Release quickly to avoid a bruise.



### Think about how much the wedding costs.

## HICCUPS

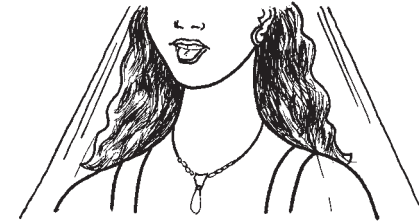


### 1 Inhale through your mouth.



### 2 Hold your breath.

## How to Avoid a Laughing Fit



*Bite your tongue.*

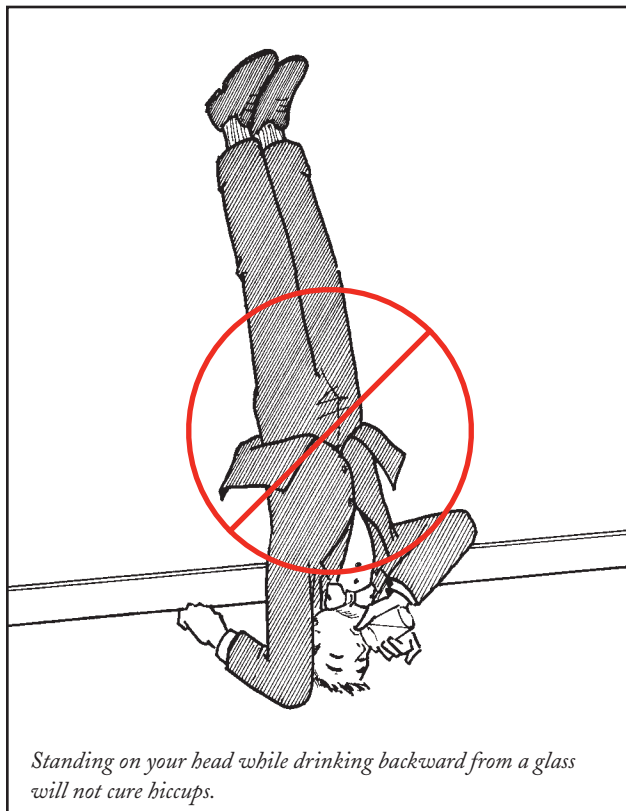


*Prick your finger.*



*Pinch yourself.*

- 3** Slowly count to ten.
- 4** Swallow three times slowly.
- 5** Exhale.
- 6** Repeat.



*Standing on your head while drinking backward from a glass will not cure hiccups.*

## Be Aware

Swallow a flat (nonheaping) teaspoon or one paper packet of sugar in one quick gulp. Do not use a sugar substitute. Do not use salt.

## FLATULENCE



### Alter your stance.

Flatulence is more audible with the legs and buttocks close together. Shift your position so your feet are approximately 3 feet apart.



### Sit down.



### Shift the blame.

Look disapprovingly at a nearby guest or member of the bridal party. Do not look accusingly at your betrothed.

## Be Aware

- Avoid introducing excess gas into your system. Do not smoke, chew gum, or drink carbonated beverages, and avoid beans, broccoli, cabbage, cauliflower, onions, and dairy products (if lactose intolerant) just before the ceremony.
- Chew activated charcoal tablets before the wedding. The charcoal will absorb odor caused by intestinal bacteria. Do not chew briquettes.