



Stephanie McCannon

is fiercely committed to motivating the young at heart to ease pain, create happiness, and improve health so they can enjoy their body, relish in their relationships, and love the life they are living.

Stephanie is a professional health coach who guides her clients to address stress, eating habits, lack of time to exercise, and overcoming limiting thinking. With over 20 years of experience working with amazing people with similar worries and concerns she has guided them to achieving remarkable success.

"What lights me up about this work is knowing that anyone is capable of achieving what ever they desire," smiles Stephanie.

What sets Stephanie apart from other health coaches is her understanding and ability to teach the skills needed to harness the power of positive thinking and establish a firm foundation of self esteem.

Over the years, her expertise has been honored with remarkable and noted accolades, including Teacher of the Month in her very first month in a public school for high needs teenagers, Cum Laude Bachelor of Arts, Wellcoaches Certified Health & Wellness Coach, and Certified Coach-in-Practice Member [CCIP].

Boundaries for Brides

Congratulations! You are getting married. You are excited and happily looking forward to your magical moment when you say, "I do" and are wrapped in a loving embrace of affection. The wedding is beautiful and each participant is enjoying their role and truly excited to be a part of your special day. There is a lot of planning, patience and people needed to make this happen. Many that have walked down the aisle can relate to feelings of being overwhelmed, stressed, not having enough time, and worried about offending relatives and guests. Brides preparing for this wonderful role can fall into the same cycle. However, you can not only get "through this" - but genuinely enjoy the process, the people and stay present in each moment.

Trying not to hurt anyone's feelings, finding time to take care of all the special details, maintaining relationships with your spouse to be, as well as extended family members, sounds like a lot. Of course through all of this you need to be taking good care of your health, wellbeing and keeping an eye on spending. Whew! How can you pull all this off and keep your cool?

The solution is simple. You can stay calm, keep hurt feelings to a minimum, have time for selfcare, maintain relationships, and stay within your budget by setting boundaries. Many not only walk down the aisle, but spend their whole life without setting personal standards and boundaries. Those that do have well placed borders and lines are able to keep stress down, enjoy the moments, and experience the thrill of their wedding and life. It is my intention to help you clarify your values so you can enjoy a fun fulfilling wedding by developing and strengthening your true self. You can take these skills and apply them to your new relationship as a married couple and carry your healthy habits into all areas of your life.

Not having, or adhering to boundaries, is a recipe for added stress. By following along with these guidelines and taking a little time to set meaningful standards and boundaries you can fully participate in all the wonderful milestones getting married provides.

Let's start with you! If you are not taking the time to care for your needs and wants, you won't have the energy to enjoy this special time, or others. Self-care is all about learning and keeping personal standards and boundaries. Let me define the difference between personal standard and boundaries before we go any further.

Standards & Boundaries

Personal standards are self-imposed things you hold yourself to, and boundaries are things you hold to others. For example you have a standard of self-care that says you wear a seat belt all the time when in a vehicle. If you insist others wear their seat belts that is a boundary. You want high standards and clearly defined and articulated boundaries for a fun, meaningful wedding day. Many brides worry about pleasing others. Oh sure, you know this day is supposed to be about you. However, you are facing many decisions and with each decision each person (family member) will have an opinion. Knowing what you

want and being able to communicate that to others will put them more at ease. Your confidence is key. Know what is important and why, and others will comply!

O.K. Moving forward with self-care. We all know the stress from planning a wedding can take the fun out of the experiences. You want to stay present in these important moments and enjoy the future memories as you are making them. Mastery of self-care starts with well defined behaviors that enable you to maintain the six key areas of your life enabling you to keep your energy up.

The 6 Key Areas of Life

Self-Care • Time • Finances • Thoughts
Relationships • Environment

You might think that self-care is about taking a bubble bath when you have had a long day, or making sure you don't skip breakfast or your work out. But self-care goes way beyond these beneficial activities. Self-care is all about knowing who you are and what you are willing and not willing to do, participate in or tolerate. As you move through your marriage and life this knowledge will save you countless hours of heartache, unnecessary arguing, and most importantly your relationships and peace of mind.

Practicing self-care does not come easily to many people, and women seem to suffer the most by feeling these practices will seem selfish. However, nothing could be further from the truth. The most successful brides understand the importance of putting yourself first especially when so many details are screaming for your attention, energy and time. Nurturing yourself first will provide you with the needed strength and motivation to share your best self with your new husband, friends and family.

Developing a selection of habits that positively affect your well-being will ensure a happy wedding day, marriage, and life.

Getting Started

Make a list of your top values, the things most important to you in the Six Key Areas of Health: (Self-care, Time, Finances, Thoughts, Relationships & Environment). Then next to these values list all the ways you can practice "self-care" by defining what behaviors and practices you recognize as being in alignment with your values. If you are not sure what your values are, then think about the times you were feeling the most happy, or proud in relationship to these areas. What were the circumstances? Who were you with?

For example, high on my list of values is nature and environment. Knowing this about me makes decision making easier. I will have my guests throw bird seed and not rice, and set boundaries that wedding guests do the same. Also, understanding your values builds confidence. Your confidence will help others respect your wishes and adhere to the boundaries you set. Knowing what your personal standards and boundaries are protects all areas of wellness and keeps time wasters, energy drains, and spending, in balance.

Now that you have a firm grip on what is most important to you, have your mate do the same. Then you can compare your values and establish limits as a couple.

What to Do if Someone is Crossing a Boundary?

Now that you know your independent values and have set limits as a couple you can maintain your integrity by setting high standard and boundaries. It may take several requests to teach people what to expect from you and what you expect from them. It is important to stay consistent and firm. For example, if you have the boundary (and you should!) others may not yell at you or speak rudely, you may need to remind them of this or inform them of your new boundary if it is something new for you.

There are five steps to reinforcing your boundaries with others. Most people do not intentionally cross your boundaries. Often they are unaware they exist. First, inform the other of their behavior, "Do you realize you are speaking in a loud voice". The second step is to let the person know what you want instead of the stated unwanted behavior. "Please use a softer voice". If the other person continues to ignore your subtle requests it is time to step it up with a warning. The warning must be something you are willing to do and be in line with your personal standards and the boundaries you have set for others. For example your warning to the person speaking loudly might be, "I will leave the room if you continue to speak so loudly". This next step is usually the hardest. You must follow through if the unwanted behavior continues. "Since you are refusing to lower your voice I am walking out of the room. You may join me when you can speak more softly".

Last is to let go of the outcome. This is my favorite part! Allowing another person to think about what you want and if they are willing to give it is the most beneficial adjustment you can make to any relationship. This will save you a lot of hurt feelings, countless wasted time arguing, relieve stress and provide open loving relationships in all areas of your life.

If you follow these steps you can be assured your wedding is a joyous expression of who you really are. Your wedding party is happily enjoying the festivities, families united in peace to join the union of two very special people, at least one of whom has a powerful tool set of strong personal standards and boundaries. Now it's time to enjoy the day, full of energy, power, and positivity!

I would love to see your beautiful wedding pictures and hear about your boundaries. You can send a picture to my Facebook page, StephanieMcCannonOnline, or attach it to the blog on StephanieMcCannon.com. I would also love to help keep the momentum going for you and your new union.

**Please contact me at stephanie.mccannon@yahoo.com
for more information.**