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## 4 Ways to Instantly Ease Your Guy's Pre-Wedding Nerves

GROOMS, RELATIONSHIPS

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Believe it or not, weddings don't just stress girls out. Your groom may be feeling the pressure too, even if he doesn't come right out and say it. While you're no mind reader, you can read body language, and if he's telling you he's overwhelmed, it's time to back off all the wedding talk for now and try a different approach. Relationship expert and author April Masini of AskApril.com offers four fun and fast ways to squash your guy's pre-wedding stress and put his mind at ease.

### 1. Do something super silly

When's the last time you and your guy really let go and goofed off like kids again? Chances are, it's been forever! According to Masini, one surefire way to make him laugh is to bust out some old Halloween costumes and surprise him with an impromptu game of dress up. "Take this as far as you want by purchasing his favorite candies and/or popping in some classic Halloween-themed movies." Being silly together and sharing fun times will certainly pull him out of his stress slump stat.

### 2. Get physical

Exercise equals endorphins so definitely get your groom out of the house and do something physical. As Masini points out, most of your fights from wedding stress will happen at home, which is why escaping the environment, at least temporarily (hey, out of sight, out of mind, right?), can be beneficial for both of you. "Go horseback riding, swimming or simply hike somewhere beautiful," she suggests. Then once you've cooled down and had some time to rejuvenate, you can calmly revisit the issue together.

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### 3. Have sex

Honestly, there's no better stress-reliever! If doing it at home doesn't work though because the stress levels are so high in the house, Masini recommends getting away for a night and having a romantic staycation. "There are plenty of in-town hotels or weekend getaways that won't break the bank and will give you a lot of (ahem) bang for your buck."

### 4. Act selflessly

In other words, do something for him that you know will help relieve some of his stress, wedding-related or not, as it all adds up. "For instance, if you don't get along great with his daughter, take her ice skating, shopping or to the movies," advises Masini. Been complaining a lot about his mom lately? Make a date to grab lunch or get your nails done together to show him you've moved past the drama. "He'll hopefully recognize your efforts to shake up the negative norm and see things differently, including the stress!"

#### KEYWORDS:

Grooms

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