

Celebrity Wedding News: Kaley Cuoco Opens Up About Wedding Planning



By

[Jessica Gomez](#)

In [celebrity news](#), we hear wedding bells for [celebrity couple](#) Kaley Cuoco and Karl Cook – but not just yet. According to [UsMagazine.com](#), Cuoco wants to focus on finishing season 11 of *The Big Bang Theory* before planning her [celebrity wedding](#). “I’m very excited,” the actress said Wednesday at the CBS sitcom’s 2018 PaleyFest panel at the Paley Center for Media in Los Angeles. “Once this wraps, I’m gonna be a total, typical bride and start planning right away.” How exciting! She also stated that she wants a simple wedding, so no bridezilla here.

In celebrity wedding news, Kaley Cuoco says she isn't a bridezilla. What are some ways to avoid getting stressed out during wedding planning?

Cupid's Advice:

We all know wedding planning can be extremely stressful, but as the bride, you should try to be graceful and at ease. Cupid has some ideas on how to avoid stress on your wedding day:

1. Delegate: You're the leader, and your bridesmaids are basically your minions on your big day (no offense). Learn to let go a bit, and give people tasks so that your wedding is executed properly. You should be able to trust friends that you've planned the wedding with because they know and understand your vision. Don't be a control freak. Communicate clearly what you want, need, and expect – and sit back, and watch it get done.

Related Link: [Michael Cera Sparks Wedding Rumors with Gold Band](#)

2. Meditate: I know, some would ask who has time to meditate on their wedding day? Well, guess what? You should make time. The breathing techniques done during meditation are very soothing and relaxing, which is what you need on a day causing you so many jitters. Take out the time to meditate for at least five to 10 minutes.

Related Link: [Find Out Why Amy Schumer Is Not Changing Her Last Name Post-Marriage](#)

3. Take care of yourself: Make sure you are well-rested, and keep up with your meals. Being tired and/or hungry can make us

very cranky, and we just don't need that. Not eating or lack of sleep can definitely bring the bridezilla in you out, so stay on top of your game.

What are some tips you have for brides on their big day? Share below!