

# Celebrity Wedding: Prince Harry And Meghan Markle Are Out And Happy One Month Before Wedding



By [Carly Horowitz](#)

There is only one month left until the royal wedding! Prince Harry and Meghan Markle have been spotted conducting their lives cheerfully. On Thursday evening, the [celebrity couple](#) attended the Women's Empowerment reception at the Royal Aeronautical Society in London, hosted by the Foreign Secretary, Boris Johnson, according to [EOnline.com](#). The day before, Prince Harry and Meghan attended the Commonwealth Youth Forum together. According to [celebrity news](#), the happy

couple's wedding date is May 19. They will be wed at St. George's Chapel at Windsor Castle.

## **Prince Harry and Meghan Markle seem very joyous and relaxed in the days leading up to their [celebrity wedding](#). How does one stay calm and collected in preparation for their wedding day?**

### **Cupid's Advice:**

The emotions that flow through you in the weeks leading up to your wedding day are so wonderful and exciting. But sometimes, some anxiety can creep in. Here are some ways to push those negative emotions aside and focus on the pure happiness that comes with the time leading up to the big day:

**1. Eat healthy:** This may seem like a weird thing to do in order to help you become less stressed for your wedding day, but think about it...Healthy food helps you to feel more energized while junk food can make you tired, lethargic, and cranky. The more energy you have, the easier it will be to plan those last minute things. Also, eating healthy will make you more happy because it will decrease the stress of you fitting into your wedding day outfit knowing that you are consuming non-fatty foods. It is a win-win situation.

**Related Link:** [Celebrity Getaway: Find Out Where Prince Harry & Meghan Markle Will Honeymoon](#)

**2. Stay busy:** Go to the gym, do yoga, have a nice spa day, watch a funny movie with your boo. Try your best to keep your mind occupied with other fun things so that you don't begin to

overthink and stress about your wedding day. If you keep yourself occupied, it will help you to resist checking the predicted weather forecast for your wedding day every five minutes.

**Related Link:** [Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle](#)

**3. Remember why you are celebrating:** Sometimes it is easy to get wrapped up in all the wedding planning that you briefly forget the reason behind all of this. You are celebrating true love! If you begin to feel anxious, take a step back and realize that this is a wonderful celebration for you and your partner and there is no need to stress.

**What are some other tips on how to stay calm on the days leading up to your wedding day? Comment below!**