

Kim Kardashian and Kris Humphries Say 'I Do'



Kim Kardashian is officially married and off the market. The Armenian beauty tied the knot with Kris Humphries on Saturday at a beautiful estate in Montecito, California. 450 guests were in attendance. According to [People](#), the two were married in a traditional Christian ceremony officiated by the Humphries family's pastor, Joel Johnso. Kardashian paid tribute to her late father, attorney, Robert Kardashian, in a heartfelt message in the program, "I so wish my dad could be here today to walk me down the aisle, But I know in a way he is here, and I feel his loving presence all around me. I love and miss you, dad."

How do you deal with nerves on your wedding day?

Cupid's Pulse:

Your wedding day is one of the most memorable days of your life. What makes it memorable isn't the dress or the lavish party, but the feelings of excitement and nervousness. Here are some ways to calm your nerves on the big day:

- 1. Take a deep breath:** Your yoga teacher has the answer. Don't forget to breathe. The time it takes to inhale and exhale will put everything into perspective.
- 2. Ask for help:** Getting ready for your wedding is difficult for you to do alone, so ask your friends for help. After all, what are bridesmaids for?
- 3. Feel the love:** It's easy to get caught up in the superficial aspect of a wedding, but in the end the only thing that matters is celebrating your love.

What have you done to relive stress? Share your tips below.