

Deflated after the big day? You've got PND!

(That's Post Nuptial Depression)

by Jill Foster

THE confetti has been swept up, the champagne has gone and the Duchess of Cambridge has a new husband, a new royal title and a new life to look forward to.

Yet after the pomp and pageantry of the most spectacular wedding of the 21st century so far, the future Queen could also be experiencing a niggling sense of disappointment. Like a growing number of brides, she may feel bewildered and somewhat deflated that her Big Day — admittedly bigger than most, with two billion spectators — is resigned to history.

'Of course, Kate is going to feel a little down that it's all over,' says Belinda Hanks, editor of wedding website confetti.co.uk.

'Like all brides, her wedding will have been the biggest project she's ever taken on, celebrating perhaps the most momentous day of her life. Brides plan their special day for months, so it's inevitable that, once it's all over, they may feel bereft and need a new focus.'

'A lot of brides who visit our internet forums admit to having post-nuptial depression. Having been used to planning, organising and being creative, they suddenly feel a void in their lives when it comes to an end.'

As many as one in ten women is thought to suffer from some degree of post-nuptial depression in the wake of their wedding. Research by one U.S. psychologist found that 10 per cent of U.S. couples seek counselling suffering from symptoms including remorse, sadness or frustration. Meanwhile, relationship experts believe that the wedding blues hit a similar proportion of Britain's 275,000 brides each year.

Jo White, 32, from Camden, North London, is one such case. She married her fiancé Stuart, also 32, in a church wedding for 60 guests in October 2009. It was, she recalls, the best day of her life. But when it was over, she plunged into a gloom that she couldn't shake off for six months.

Jo and Stuart, a PR consultant, had been together since 2005 and Stuart popped the question in May 2008. Jo, an events planner, threw herself into organising their day.

'We wanted to marry in early autumn, so we decided on October 2009,' says Jo. 'With



Flat: Jo White (left) and (above) with Stuart on their wedding day

hindsight, this probably gave me too much time — 18 months — to immerse myself in wedding plans. I love crafts and wanted to do most of the decorations myself. I made little pots of homemade strawberry jam for favours, knitted figurines to put on the cake, made a massive family tree with old family photographs, made arrangements of dried pressed flowers and hand-wrote poems for each table.

'On the two nights before the wedding I was up until past midnight, stressing out because I was knitting figurines for each table, which all had a safari theme. Looking back, it sounds insane and I think I went a bit mad, but I wanted it to be perfect.'

The couple married at St Pancras Old Church before boarding a barge which took the wedding party to the reception venue, an old Presbyterian church in Little Venice, North London.

'It was amazing,' says Jo. 'The weather was perfect, the guests all had a great party and both Stuart and I said it was the best day we'd ever had.'

But that sense of euphoria was not to last. 'The morning after, I woke up and felt as though I was in shock,' says Jo. 'I felt as if I was in a no man's land. Rather than looking forward, I simply felt sad that it was all over.'

'I can only describe it as feeling empty, as though I had forgotten to do something. I kept thinking: "When will we ever have a day like that again?" Knowing that it was a one-off made me very tearful and upset.'

Stuart says: 'It was upsetting to see Jo clearly missing the buzz of the wedding planning, which had been a focus for 12 months. I simply wanted her to be happy.'



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By KATE MELHUISE