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Oh. My. Theo James. You've just been asked out by that major babe who sits across from you in Biology. But two days out from your date with said hottie, all the feels (and silent squeals) have subsided, replaced by a whole-body nervous sweat. 🥵😬🥵 Eek! Well, that there is first-date nerves setting in. The important thing to remember here is that scoring a hangout session with the guy you like is EXCITING and shouldn't be stressful. Here, we guide you through the first-date prep you can do to make the time you spend with your bae-to-be the best EVER.

## #1 DITCH THE NERVES

Can't sleep? Check. Start shaking at the very thought of hanging out alone with this guy? Uh-huh. Don't worry, this is all completely normal. Yep, according to counsellor and psychotherapist Shushann Movsessian (shushann.com), a little bit of nervousness is actually a good thing. "Nerves can be a sign that you're excited," she explains. "And excitement can help you channel the energy of first-date jitters into something you're really looking forward to as a positive experience."

So, how do you beat the boy-driven butterflies? Before you head out, have a long bath or shower. Shushann suggests using lavender or rose oils as they hold amazing calming powers. Next, allow yourself enough time to get ready, so you don't feel rushed or flustered – you want to appear to be cool, calm and collected when you guys meet up. (Well, on the outside, at least...) Finally, be sure you're keeping hydrated. It might sound kinda weird, but as Shushann says, "Nervousness can be dehydrating and dehydration can trigger more anxiousness." Plus, water is refreshing and will keep you alert, even if you can't stop staring at his damn-cute smile.

## #2 OWN YOUR CONFIDENCE

Jittery nerves are one thing, but confidence can be a lot trickier to get your head around. As psychotherapist Andrea Szasz (bravetherapy.com) says, being brave is often linked with feeling afraid at the same time. The first step to rocking as much confidence as Tris is to quit being overanalytical. "We can get very caught up in overthinking facial expressions, gestures or someone's tone of voice," she says. "Keep your attention to the moment at hand and stay positive." Then, focus on what this killer confidence can look like from the OUTSIDE. "Confidence is one of the most attractive qualities," Andrea explains. "Wear comfortable clothes and accessories for your date; it's hard to show this confidence when you're uncomfortable!"

However, if your nerves DO start to overwhelm you when you're chilling with your crush, Andrea's got a quick fix to get you back on the right track. "Head to the bathroom and shake your body," she says. "This will get rid of extra energy that comes with nervousness." And don't forget you're amazing and this guy is lucky to score one-on-one time with you. That's what you'd tell your BFF if she was in the same sitch, right? Practise what you preach.



Skin feeling dull after two hours in that air-conditioned cinema? Pat a little rosy tint on your cheeks and lips for a fresh flush of colour. ModelCo Cheek + Lips, \$26.

If your hair suddenly resembles a bird's nest after a day at the park, this compact smooth-operator will sort everything out. Tangle Teezer compact styler, \$34.95.

This two-in-one click ticks all the boxes – one is peach gelato-flavoured lipgloss and the other is spearmint-scented. They're great for faking minty-fresh breath. Blistex Click, \$6.95.

## YOUR DATE-NIGHT BEAUTY KIT

BEAUTY ED MEG'S GOT THE MINI MULTI-TASKING PRODUCTS THAT'LL GIVE YOU A QUICK PICK-ME-UP RIGHT WHEN YOU NEED IT.

A roll-on perfume is the perfect fragrance when you just want to take a clutch. MOR Little Luxuries Perfume Oil in Marshmallow, \$19.95.

A purse-friendly concealer is essential for speedy touch-ups, especially if a blemish pops up. CoverGirl Ready, Set Gorgeous Concealer, \$11.95.

## #3 CONVO SAVERS

While it was all fireworks to begin with, you're now mid-date and the sparks have sorta fizzled. To stop this from happening in the first place, Shushann suggests coming up with some questions you can ask your guy if the convo starts to run dry before you go on the date. Andrea agrees, adding, "Ask him genuine questions about things you think that he's interested in. Usually people have more energy around the things we're passionate about and that can help move things forward."

Something else that will help is to think about how you first bonded with your besties – what kind of thing did you guys talk about? Apply this same strategy to bantering with your boy. And on top of that, you can also just talk about the fact that the lack of convo between the two of you is actually pretty hilarious. By addressing something that's a tad awkward, you can both LOL about it, too.

**NO SECOND DATE? NO BIGGIE**  
Despite thinking you aced the date like your last maths exam, your crush hasn't contacted you again. As Shushann says, it's OK to feel sad. "Make sure you remind yourself that him not asking you out again isn't going to define your happiness. YOU'RE in total control of that." Write down what you learnt and then go for a swim (we'll hit up a heated pool for this one!) to wash off the bad juju. Because you don't want to be with any dude who doesn't want to be with you – no matter how much he looks like Miles Teller or is as cute as Ansel Elgort. 😊

# FIRST DATE 101

Nervous? Puh-lease. We help you take the worry out of hanging with your crush.

