

## THE WELLNESS MAMALAH

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### The Working Mama's Win: The Breakfast That Makes Itself

At this point, it's several weeks into the school year. Things should all be falling nicely into place, and the juggling of All The Things should be coming more predictable. Except it's not. And it seems as if, every day, more balls are being thrown into the mix.

Personally, I have embraced a new mantra: *It's just not possible to juggle everything well all at the same time.* But that mantra is kind of long so I have a backup mantra: "It's all good" which plays on a loop in my head the whole day.

But sometimes, you need more than a mantra. Sometimes you need something concrete, a set of ideas that make the day run more smoothly. It's taken me awhile, but these are the

principles I have put into place since school started:

1. Keep a hat in the car. A *sheitel* that goes on at 6:30am *cannot* still be on my head 10 hours later. It's coming off one way or another, so best to keep a baseball cap or *tichel* on the front passenger seat.

2. Change your clothes. As in, right when you get home. I change into comfortable clothing, or more often than not, pajamas, and it has changed everything. I leave the house with the kids in the morning and I come home with them. I need to be *not* with them for five minutes in order to be with them again, so I close my bedroom door and change. Look, every soldier needs a uniform – pajamas are mine.

3. And speaking of uniforms...

before bed on Sunday night, every person who wears a uniform must have five clean sets stored for easy access, like in a dresser drawer. The rest of the laundry, like pajamas and underwear and, G-d help us all, the unpaired socks, can live in the laundry baskets on the couch all week, but washed and ready to go uniforms are non-negotiable.

4. Drink water all day long. Sometimes I feel like I should just move my desk into the bathroom at work and call it a day. I don't. That would be weird. But I do drink all day because, if I don't, I am cranky.

5. I'm also cranky when I don't eat. I pack my own lunch when I pack the kids'. And, please, for everyone's sake, do it the night before.

6. Wash your face – every single night. You'll feel better. And because none of us are twenty (who are we kidding, *thirty*) anymore, use some moisturizer. It doesn't need to be fancy; just use some and your face will feel so nice in the morning.

7. Go to bed and go there early. Sleep is when your body heals and when your mind processes the day. Oftentimes, the perfect can be the enemy of the good. I did not make that up, but that doesn't make it any less true. As long as everyone in your family is loved, fed and clothed (and all the things are in the right backpacks), then you've already won the day – and that means you are doing more than okay.

And one final bonus tip, but possibly the most important: *Always prep something for breakfast before you go to bed.*

It's really the last thing I *want* to do, but this one five-minute task makes a world of difference. We recently discovered Overnight Oats in our house, and they have changed everything. I don't make them every night; they are so easy and I do not want anyone to get tired of them, but several times a week these oats are the breakfast of choice in our kitchen.

#### Overnight Oats

(4 servings)

- 1 ½ cups of milk of choice
- 1 cup steel cut oatmeal
- 1 cup of full fat plain yogurt
- 3 tablespoons honey
- 3 teaspoons of cinnamon
- 1 cup berries

The goal of Overnight Oats is to soften the oatmeal so that it's ready to eat by morning. This recipe, which feeds four, is usually made in four separate jars with lids, but I make it in a glass bowl that comes with a tight-fitting lid because there are fewer dishes to wash this way. #Priorities

Simply mix all the ingredients in the bowl, except the berries. Cover the bowl with the lid and shake hard until the ingredients are mixed through. Uncover the bowl, stir in the berries and recover the bowl. Store in the fridge overnight and serve cold in the morning. This is delicious all by itself, but add-ins, such as granola, chopped apples or slivered almonds – or, because we eat chocolate chips with everything, a few chocolate chips on top – make this breakfast even better.

