

Just Another Manic Morning

Tips To Make Your Morning Worry- And Hurry-Free

(NAPSA)—Whether you're nervous about this morning's business presentation or helping your son find his missing left shoe before school, mornings can be a harried time for all. It's easy to get caught up and forget the basics—such as eating breakfast. Below are tips to reduce stress and help make mornings more manageable.

Organization: It's a Family Affair

Create an area in your house outfitted with hooks for backpacks, gym bags, jackets and shoes. Post a dry-erase board and calendar nearby with schedules so everyone in the house knows what to pack on each day. Consult the calendar and pack backpacks and briefcases the night before—no more searching for your workout clothes at 6 a.m.!

Easy Prep Is the Key

Sixty percent of women say they would eat breakfast more often if their favorite options could be eaten on the go. Try something convenient that can be made in the toaster or microwave, such as Kraft Bagel-fuls, a warm, golden bagel wrapped around a center of

Philadelphia Cream Cheese. Pair it with some fresh fruit (cut the night before) and it's the perfect warm breakfast when you're short on time.

Set a Routine

Set a specific time and routine for bedtime, especially during the week, to allow for an easier wake-up. Streamline your mornings by keeping the TV off. Do the same things in the same order every morning to help prevent getting sidetracked.

Take Time to Relax

Traffic jams and delays can make typical days stressful, so try to enjoy your commute as a peaceful time for yourself. Listen to a brief meditation CD to reflect on all the tasks you would like to accomplish during the day.

Lunch Break

Don't wait until the morning to decide what you are going to pack for lunch. Set aside items such as baby carrots, pretzels, string cheese and yogurt for lunch the night before. In the morning, just grab it and go.

Visit Kraftfoods.com for more time-saving tips and breakfast solutions.