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Ellen Pompeo
Shares
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Anatomy of a happy life

Ellen Pompeo is enjoying her sixth season on *Grey's Anatomy* and her first as a new mom, to 6-month-old Stella. The actress, 40, is performing the marriage-motherhood-career juggling act with the added pressure of attempting it in front of millions of fans. Find out her stay-sane, enjoy-life secrets. **By Erin Bried**



PREGNANCY TRUTHS

"I got pregnant, and I was like, 'Oh, God, it worked! Oh, no!' Chris [Ivory, her husband] and I were super happy, then I got terrified! Will I know how to do everything right? Of course, nobody does everything right, but as long as your baby is the priority, that's the best you can do. My mother passed away when I was 4, and not having a mother makes me appreciate being one so much more."

"A lot of people couldn't understand why I wouldn't take my maternity leave. [She took four weeks off.] I make a good living, but I won't always make this kind of money. I felt I needed to work while I had this opportunity. The writers and producers were really gracious and wrote my scenes so I could preshoot them. I didn't have to miss any episodes."

"I went up a pants size during my pregnancy. I was in size 25 jeans and went to 26. I gained 25 pounds. Now, after the baby, I weigh 30 pounds more than I ever have. I love it, because everyone always told me I was too skinny before, and I thought, Oh, God, what if there are 14-year-olds who think I'm not eating, and then they don't eat? Do I have a responsibility? But really, I don't care if people think I'm too skinny. This is my body. If they don't like it, screw it. [My weight] doesn't matter to me. I have a healthy baby."

MAKING HEALTHY EATING EASY

"Take a few hours and prepare lunch for the week. On Sundays, I premake everything for salads. I boil a dozen eggs and parboil beets. I chop lettuce, cilantro, scallions and parsley and put it all in ziplock bags. During the week, I just grab handfuls, add dressing, dump in a can of beans, some goat cheese, and I'm ready to go."

"I love that! I think it renews your spirit," Pompeo says.