

SEASONAL SANITY TIMES

VOL. 1 * PROTECTING PUBLIC PEACE OF MIND SINCE... WELL, TODAY.

BREAKING NEWS

EXPERTS CAUTION PUBLIC AS HOLIDAY EATING PRESSURE RISES.

Emerging reports indicate a sharp increase in food-related tension as the holidays draw near, with experts confirming early appearances of strategically placed candy bowls and coworkers testing the limits of "just have one." Officials warn the public to take precautionary action before the full-scale eating season makes landfall.

NEW WATER -FIRST RULE PROPOSED TO SLOW SEASONAL MINDLESS SNACKING

In response to the rising holiday food pressure, officials have unveiled a preventive measure known as the Water Tax, requiring citizens to drink a full glass of water before approaching any treat. Authorities report that the brief pause created by this rule often reveals whether true hunger is present or if the impulse is merely a reflex triggered by seasonal sweets. Early adopters claim the strategy reduces impulsive snacking and restores a sense of control during high-risk moments.



OFFICIALS PROMOTE SINGLE-PLATE STRATEGY TO REDUCE HOLIDAY OVERLOAD



Staff Reporter: Institute of Reasonable Intake

Authorities have issued guidance encouraging citizens to make one intentional pass through any holiday buffet and assemble a single, satisfying plate. Analysts say the strategy reduces reflexive grazing and forces residents to choose what they actually want instead of sampling every item in sight. Officials note that even a generously filled plate offers far more control than repeated "just one more" trips, which historically lead to seasonal regret.

OFFICIALS RELEASE ADVISORY AS SEASONAL PARTIES DRAW NEAR

Staff Reporter: Bureau of Public Composure

Officials have issued a new advisory to help citizens maintain composure as holiday parties increase. Residents are encouraged to prepare before entering any gathering by eating a small, high-fiber snack such as an apple or yogurt at home. Analysts report this reduces the likelihood of arriving hungry and immediately defaulting to dessert tables.

Upon arrival, experts recommend remaining in the parked vehicle for ninety seconds to perform a brief reset. Citizens are instructed to use a steady breathing pattern: inhale for four seconds, pause for one, exhale for six. This lowers stress and stabilizes decision-making. Pairing the reset with a mindset cue such as “I choose how I walk in” further reduces reactive eating and social overwhelm.



EAT THIS BEFORE PARTIES



Guarantees Better Party Decisions.

One wholesome oatmeal biscuit will fortify resolve and sound judgement.

Introducing the Pre-Party Oat Biscuit

Beloved by sensible citizens everywhere, this modest oat confection is reported to steady the nerves, quiet unruly appetites, and shield one from questionable decisions at festive gatherings. Authorities suggest consuming one before entering any event where cookies are described as “famous” or “dangerous.”

To Prepare:

Combine $\frac{1}{2}$ cup oats, 1 mashed banana, 1 tablespoon peanut butter, a sprinkle of cinnamon, and a dash of vanilla. Shape into two small biscuits. Bake at 350°F for 10–12 minutes, or until firm enough to survive the ride to your destination.

Suggested Use:

Consume in private before arrival. Analysts report increased restraint, fewer dessert-table incidents, and a notable rise in personal dignity.