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# SEASONAL SANITY TIMES

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## THE GREAT JANUARY MISJUDGEMENT!

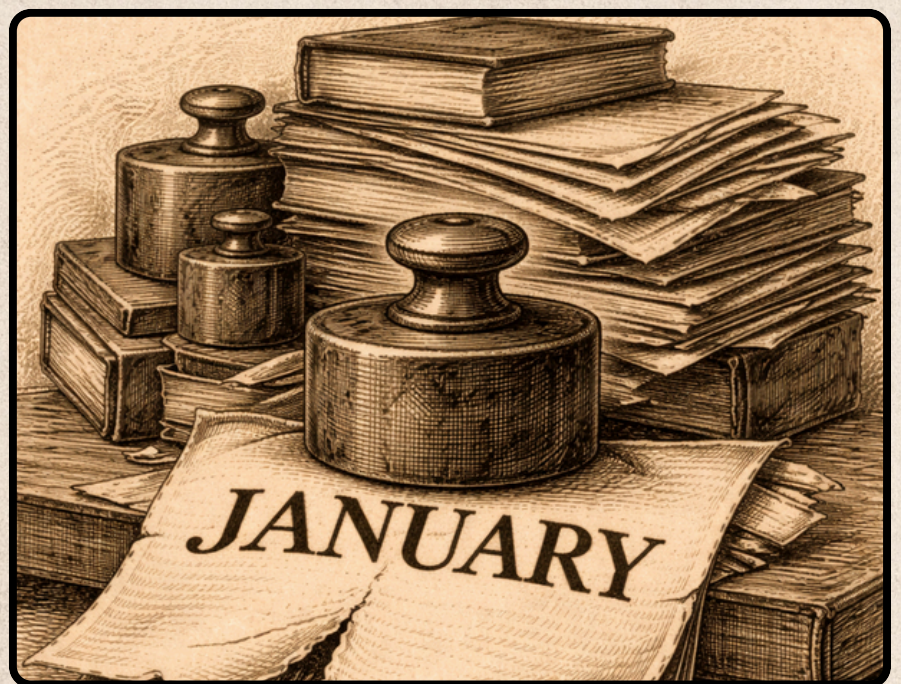
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**THE NEW YEAR RESET, OFFICIALLY UNDER REVIEW**

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### JANUARY IS OVERLOADED

January is often overhyped as a fresh start, leading to unrealistic expectations for New Year resolutions. Disruptions from December's routines persist, with work demands and fatigue carrying into January. Introducing multiple changes at once can lead to early discouragement due to a lack of measurable progress. Ultimately, January is not a month of renewal but a continuation, and expecting it to be otherwise can result in abandoned resolutions.



### WHY BIG RESOLUTIONS FAIL FASTER THAN SMALL ONES

Officials find that large New Year resolutions are often abandoned earlier than smaller ones due to structural limitations, not lack of effort. Initial enthusiasm wanes with early inconsistencies, leading to a decline in confidence. Small setbacks are perceived as failures when expectations are too high, causing withdrawal. Confidence builds through consistent, gradual repetition rather than immediate results. Therefore, it is recommended to start with one manageable action, like a daily walk, and maintain it until it becomes automatic.





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# WHY MOST EFFORTS FAIL AFTER A FEW WEEKS

Many New Year efforts fail shortly after starting, often around the second week, when initial motivation fades. As routines become familiar, the original reasons for change may be forgotten, leading to assumptions of failure. Research indicates that efforts without a documented purpose are more likely to be abandoned, especially when boredom or difficulty arises. To counter this, it's recommended to write down the reasons for the change and the problems it addresses. Revisiting this record when routines feel dull can help remind individuals of their purpose and sustain their efforts.



# HOW TO ENSURE YOUR RESOLUTIONS STICK



Officials studying behavior change find that lasting efforts depend more on anchoring than on motivation. Anchoring ties an action to a specific time, making it automatic and eliminating the need for daily decisions. Without an anchor, actions require repeated choices, leading to delays and abandonment. For instance, those who walk right after arriving home are more consistent than those who plan to walk later. Anchoring transforms actions into routine behavior, making follow-through easier.

# JANUARY'S BACK-TO-BASICS STEADY START STEW!

## Ingredients:

- 1 lb chicken thighs or drumsticks
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 small onion, diced
- 2 cloves garlic, crushed
- 1 cup potatoes or parsnips, cubed
- 4 cups chicken stock
- Salt and black pepper
- Bay leaf or thyme (optional)

## Method

Place all ingredients in a pot. Bring to a boil, then reduce to a steady simmer. Cover and cook for 45–60 minutes until the meat is tender. Remove bones if needed. Season to taste.

