

RESTROOM READER

BRINGING YOU KNOWLEDGE ABOUT YOUR BODY & HEALTH
WHILE YOU TAKE A MOMENT TO YOURSELF!



JAN 2026

January is International Quality of Life Month.

The World Health Organization defines **Quality of Life** as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.

This campaign encourages people all over the world to take a look at their entire well being. Invest in your happiness. You are worth it!

Body Positivity

Becoming more body positive means examining the images and messages that society sends you.

Identify your own real needs. It's okay to make mistakes as you go. Be kind to yourself. The CDC offers some help. Use the QR Code.

POSITIVITY IS POWERFUL



Keep Playing!

Sorry, this has nothing to do with video games. Don't fight the urge to play actual physical games!

Adults: Encourage kids to play activities and games. These can be indoor or outdoor games. Spend some time bonding together. Joy!

Kids: Play games to get strong, get coordinated, and also exercise your brain. Play helps your mental health by reducing anxiety and stress. You learn about working together, understanding, and collaborating when you play.

LIGHT-HEARTED JOKES

1. Why did the bicycle fall over?
2. What do call a fake noodle?

1. Because it was two-tired.
2. An impostor.