

May is Mental Health Month 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Guided Marsh Hike at Earth Fair 2026-The Nature Place 11am	27 Share this calendar with friends for ideas to unplug from technology.	28 Write down 5 things you are grateful for today.	29 Do something you enjoy everyday this month!	30 Find ways to connect with people besides social media.	1 Youth Mental Health First Aid Training - Contact: mhc@gruw.org	2 Nature Saturday-The Nature Place 9:30am
3 Talk about limiting screen time with your family.	4 Unplug & Learn! Screenagers Showing Logan High School - 6-8pm	5 Unplug & Create! No Tech Tuesday -All-Glazed Up & La Crosse Library	6 Unplug & Sleep! Put screens away at least an hour before bedtime.	7 Unplug & Read! Read a physical book.	8 Unplug & Reconnect! Do a hobby or activity you haven't done in a while.	9 Make it a game to see who can use their phone the least today.
10 Spend time with family and friends today.	11 Connect & Sip! Get a cup of coffee with a friend.	12 Unplug & Self-Care! Community Night - YMCA Youth Center	13 Connect & Cook! Have a cooking night with family and friends.	14 Connect & Play! Have a family board game night.	15 Connect & Chat! Have an in-person fun day with friends.	16 Hmong American Day Unplug & Have Fun! Oh Oh Coffee - 8-11am
17 Schedule a playdate with your kids friends.	18 Thrive & Journal! Reflect and journal about your day.	19 Unplug & Be Together! Together 4 Youth Event Powell Park - 4-6pm	20 Thrive & Read! Read with Scout: Certified Therapy Dog-Pearl Street Books 6pm	21 Thrive & Walk! May is Mental Health Awareness Month Walk 12pm	22 Thrive & Hike! Go for a hike in the Bluffs.	23 Thrive & Picnic! Have a family picnic and spend time outdoors.
24 Have a crafting day.	25 Take time to sit in the sun today.	26 Unplug & Create! No Tech Tuesday -All-Glazed Up & La Crosse Library	27 Visit a new place.	28 Plan a fun activity to do this summer.	29 Try a new hobby or activity.	30 Come up with ways to continue unplugging from technology when you can.
31 Take a day for yourself.						