



Digital Detox Days

Reconnecting With What Truly Matters

Held the first of every month, these days are focused on providing tips, tools and inspiration for Canadians to better manage their digital usage and recognize its role in distracting from human connection.

We provide guidance and insights to help you reflect and take action—whether you're ready to start today or need more time.

The Goal of Digital Detox Days

Each month, we encourage you to take a step back and reflect on the role digital technology plays in your life. With the constant buzz of notifications and the pull of screens, it's easy to lose sight of what truly matters: meaningful connections with others and time for yourself.

Why Digital Detox Matters

Estimates suggest that the average person checks their phone somewhere between 60-200 times a day, with hours lost scrolling through social media, emails, and apps. This constant engagement contributes to increased anxiety, depression, and a growing sense of disconnection from the people and experiences around us.



Research suggests Canadians spend an average of

2 hours

a day on social media.

*23% of school aged children up to 7 hours per day.

Our Mission

Digital Detox Days are about taking small, manageable steps to regain control. We're here to help people become more aware of how technology affects their daily life and how it impacts your relationships, mental health, and overall well-being.

The Bigger Picture

Digital Detox Days are part of the broader GenWell Movement, which raises collective consciousness about social connection and social health and supports action that strengthens human connection, relationships and communities.

Through education, practical tools, and occasions like Digital Detox Days, Talk To A Stranger Week and GenWell Weekends, GenWell helps people take small, manageable steps toward healthier connection. Together, these steps help build a more connected, socially healthy Canada.

Proud health partners:



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Digital Detox Days are led by GenWell, Canada's Human Connection Movement

Our Mission: To educate, empower, and catalyze everyone in Canada about the importance of prioritizing face-to-face social connections, to support both personal well-being and the health and happiness of others.

Learn more at: www.genwell.ca



Make a donation directly to GenWell

Help us scale our impact and bring social health to the forefront across Canada. Scan the QR to access our donations page for more details.

