

— day

Hi there,

Empty Day is a day of social media silence taking place on October 12, 2019.

It's a day we all agree to leave social media alone. Instead we all agree to connect, reconnect, and maybe even go outside. We “go quietly” for a day.

Empty Day is also a website (www.emptyday.today) where one can find tools, assignments, and notes for using and replacing social media with other activities or just use these networks in more relaxing ways. So Empty Day doesn't disregard social media altogether—instead it focuses on how and when we post in order to promote better well-being and mental health for all.

Empty Day is not a company, charity or any other organisation. It isn't owned by anybody or anything. It should be peaceful, genuine, and full of knowledge.

We want as many people involved in Empty Day as possible, so please share widely. Thank you!

www.emptyday.today

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