

# READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

*Smartphone Nation: Why We're All Addicted to Our Screens and What You and Your Family Can Do About It, by Dr. Kaitlyn Regehr (2025, published by Knopf Canada)*

## DISCUSSION QUESTIONS

Have you tried any of the strategies to change the way you interact with your screen? If so, which ones?

Have you taken a “screen holiday”?

Have you taken note of how you feel before and after you interact with social media?

Have you altered your social media behaviour?

## READING TIP

Use the Pomodoro Technique! Split your reading into bursts of 25 minutes, followed by a 5 minute break. This technique can help you stay focused, and more efficient in your reading!

## FALL RECIPE

### **Creamy Pumpkin Pasta Sauce**

This creamy pumpkin pasta sauce is the ULTIMATE fall comfort food! Roasted garlic, onion, and sage fill it with cozy, complex autumn flavor.



Learn how to make it here:

<https://www.loveandlemons.com/pumpkin-pasta-sauce/>

## WELL-BEING TIP

Try mindful walking! Mindful walking involves walking while being aware of one's environment, bodily sensations, thoughts, and emotions (both good and bad). It is associated with increased positive emotions and greater cardiovascular health outcomes.

## ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Davis, D. W., Carrier, B., Cruz, K., Barrios, B., Landers, M. R., & Navalta, J. W. (2022). A systematic review of the effects of meditative and mindful walking on mental and cardiovascular health. *International Journal of Exercise Science*, 15(2). <https://doi.org/10.70252/ltna9604>

Weziak-Bialowolska, D., Bialowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1117822>

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How many times have you looked at your phone today? Or rather, how many times did you look at your phone to do one thing, only to find yourself looking at something completely different ten minutes later? We're all addicted to screens, but what can you do about it?

Dr. Kaitlyn Regehr breaks digital consumption into an accessible structure of the food pyramid we all grew up on and frames it into five digital nutrition categories: education and learning, at the bottom of the pyramid, where the most time should be spent; creativity, including interests like reading, music, or drawing; communication with friends and family; participation, such as searching and gaming; and passive, the activities we should do the least, like doomscrolling.

Smartphone Nation encourages and supports readers, showing you how to:

- Game your algorithm
- Catch misinformation
- Spot and tackle "microdosing" of harmful content
- Navigate the attention economy, which prioritizes engagement at any cost
- Improve your digital nutrition for better mental health
- Spring clean your online viewing experience



[Dr. Kaitlyn Regehr](#)

