

Unhealthy Dependencies

Addiction is often associated with substances like alcohol, nicotine or illicit drugs, but drugs don't have to be illegal to become a problem. Today, addiction to painkillers is reaching epidemic proportions. We are lead to believe that addicts are criminals but in reality can be your colleague or a Mom dropping her kids off at daycare.

There are many types of addictions

Addiction isn't simply confined to physical dependence on chemical substances -- it can also involve an unhealthy compulsion to certain behaviors. **People can be addicted to eating, gambling, hoarding, shopping, sex, smartphone use or any number of other things.** In fact, it can be helpful to view addiction as simply this: any unhealthy dependence or compulsion that interferes with ordinary life.



Are you an addict? Or living with an addict?

If you are trying to determine whether you or a loved one might have an unhealthy dependence on a substance or a behavior, here are a few questions to ask. Does the substance or behavior ever:

- Interfere with or disrupt your ordinary life: work, family or relationships?
- Have a negative effect on your physical, mental or emotional health?
- Pose a safety, health or financial risk?
- Cause anxiety, discomfort, irritability or illness when stopped?
- Result in arguments?
- Pose difficulties in limiting or stopping?
- Continue even in the face of negative consequences?

If you answered yes to a few of these questions, don't despair. Addictions and dependencies are treatable and respond well to counseling and therapies.

The first step is recognizing that there is a problem and then seeking help. You can learn more at www.onesourceeap.com or you can call 1-800-300-0628 to schedule an appointment.

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