



Beating Addiction

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Beating Addiction

Addiction, in one form or another, is not uncommon worldwide. The consequences can range from chronic health effects, to job loss and financial ruin, to relationship loss. Whatever the consequence, addiction is not conducive to healthy aging.

“Addiction - When you can give up something any time, as long as it's next Tuesday.” – Nikki Sixx

“When you can stop you don't want to, and when you want to stop, you can't...” – Luke Davies

“You've recognized a fundamental feature of an addict's life. Maintaining your habit is so important you've no real interest in anything else.” – Marian Keyes

Conquering an addiction can improve your mental and physical health today as well as long-term. **You can regain control.**

What are Some Common Addictions?

Addiction – The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.” – Dictionary.reference.com

- Most people think of alcohol when they think about addiction but there are many types of addictions and impulse-control disorders. Examples include:

- Drugs, including prescription drugs, nicotine and caffeine
- Shopping
- Gambling
- Exercise
- Work
- The Internet
- Stealing
- Eating Disorders



- If you or a loved one is obsessed with an activity or substance, cannot quit, and it affects their health and personal relationships, it may be an addiction.

Addiction Warning Signs

Family, friends and coworkers can all play a role in identifying addiction in others. Here are some common warning signs suggesting that an individual may be struggling with addiction.

- Problems at work including absenteeism, tardiness, and poor work performance; at times, the individual may ask others to help shoulder his or her workload.
- If the individual is a child or adolescent: escalating problems in school and loss of interest in prior activities (such as music, sports and hobbies).
- An increase in the amount and frequency of alcohol or drug use, despite problems with physical health, mental health, and life responsibilities.
- Annoyance when others comment on their alcohol or drug use.
- Ignoring responsibilities such as caring for children and pets, and not paying household bills.
- A change in the individual's social group.
- Poor physical appearance or hygiene.
- Difficulty with concentration.
- Legal problems related to alcohol and drug use, such as driving while intoxicated.
- Inability to sleep or being sleepy all the time.



Is There a Problem?

- If you suspect you or someone you know has a problem, there are many reputable sites to help you determine if you should seek help. Be honest with yourself when evaluating your situation; you cannot get help if you don't acknowledge the problem.
- Only a professional can diagnose an addiction but the links below can be a starting point. Some common questions asked in self-evaluations are:
 - Have you tried to stop but can't?
 - Do you feel ill or suffer physical/mental symptoms when you do not engage in the activity or use a substance?
 - Are your home life and/or relationships suffering because of your habit?
 - Is your work performance or reputation damaged because of your habit?
 - Are you having financial difficulties?

- Assessment Tools

- [Alcohol](#)
- [Drugs](#)
- [Gambling](#)
- [Internet Use](#)



Getting Help

If you think you or a loved one is an addict, and you want help, fortunately, there are many resources available.

- [Doctor](#) – Your family doctor can refer you to a professional that specializes in addiction.
- [Employee Assistance Plan \(EAP\)](#) – If an EAP is available in your region, it will direct you to the appropriate professional.
- [Addiction Specific Organizations](#) – There are many global organizations that specialize in helping people overcome addiction.
 - [Alcoholics Anonymous](#) – EN, ES, FR
 - [Narcotics Anonymous](#)
 - [Gamblers Anonymous](#)



What if Your Loved One is an Addict?

You are not alone in dealing with the addiction of a loved one. According to WHO, worldwide, about 7.5% of drinkers have at least one heavy drinking episode per month. That's just one indicator for one possible addiction. There are many others.



You may be unknowingly enabling someone's addiction. Are you:

- Taking over their responsibilities?
- Making excuses or covering up errors and accidents for them?
- Going along with their excuses?
- Helping them get out of financial difficulty related to their addiction?
- Cleaning up after them?

What if Your Loved One is an Addict?

You are not helping addicts by buffering them from the negative consequences of their behaviors. The best way to assist them is to let them face the reality of their situation. As long as you are there to save the day, the addict can continue with his or her destructive behaviors.

- Listed below are reputable organizations that can help you cope with a loved one's addiction. You can also turn to your EAP or doctor for references.

- [Al-Anon](#) – EN, ES, FR

- [Nar-Anon](#)

- [Gam-Anon](#)



Why Stop Addiction?

Benefits of Quitting

- Getting help for your addiction will not solve all of your problems but it could:
 - Help you begin to repair relationships damaged by your addiction.
 - Refocus your mind on more productive behaviors/patterns.
 - Ease your financial burdens associated with addiction.
 - Allow your body and mind to begin healing damage caused by addiction.

What or who is your reason for taking control?



Other Addiction Resources

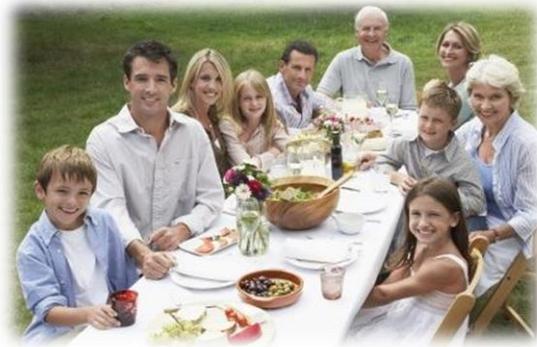
Check out these resources that can help you combat an addiction.

- *The family physician*—can be a great resource. He or she may recommend a specialist.
- *Your Magellan program (EAP – US only)*—offers extensive information, self-assessments and community resources. Log on at www.MagellanHealth.com/member.
- *Find local treatment resources*—the Substance Abuse and Mental Health Services Administration: www.samhsa.gov/treatment.
- *Get informed help and support*—learn about the addiction recovery and rehabilitation process, plus find treatment centers in your area, at www.recovery.org. Or, visit the National Alcoholism and Substance Abuse Information Center at www.addictioncareoptions.com.
- *General information about alcohol problems*—the National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov.
- *Drug support groups for families and friends*—Nar-Anon Family Groups: www.nar-anon.org.

You will also find resources on the LifeBeats [Focus Area Page](#).

HEALTHY AGING

It's in your hands!
Start *TODAY.*



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