



HABIT OR ADDICTION: WHAT'S THE DIFFERENCE?

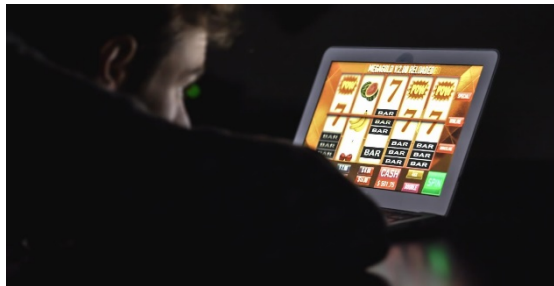
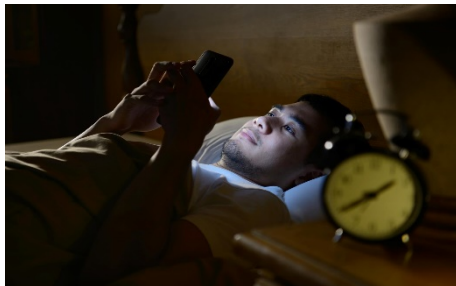
A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM

September 8, 2021



Federal
Occupational
Health

INTRODUCTION



OBJECTIVES

- Define habit, addiction, and addictive behaviors and their characteristics
- Discuss substance abuse and various addictive behaviors
- Outline the stages of change
- Review expectations for the recovery process

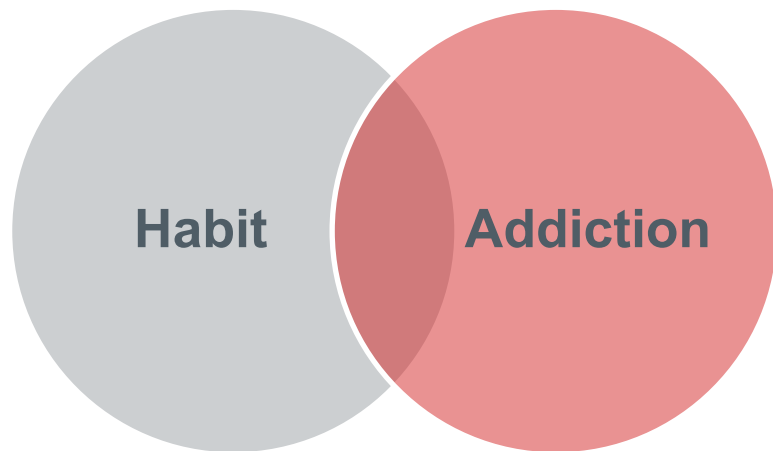
SECTION 1

HABIT VS ADDICTION

Definitions and Differences

DEFINITIONS

- **A habit is:** “Something that you do often and almost without thinking, especially something that is hard to stop doing.”

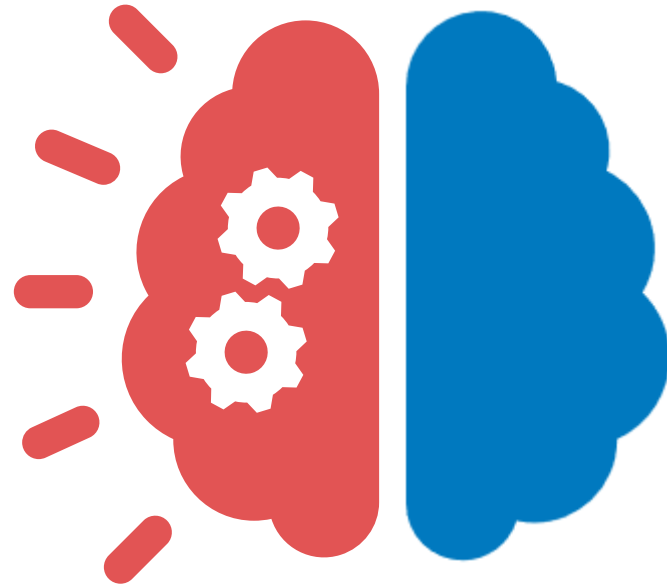


- **An addiction is:** “A treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often **continue despite harmful consequences.**”

THE PATH FROM HABIT TO ADDICTION

Distinguishing addiction from habit

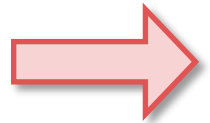
- Only behaviors and substances that excite potentially create pleasure in our brain's reward center can become addictive
- A person is compelled to continue a behavior despite its harmful consequences



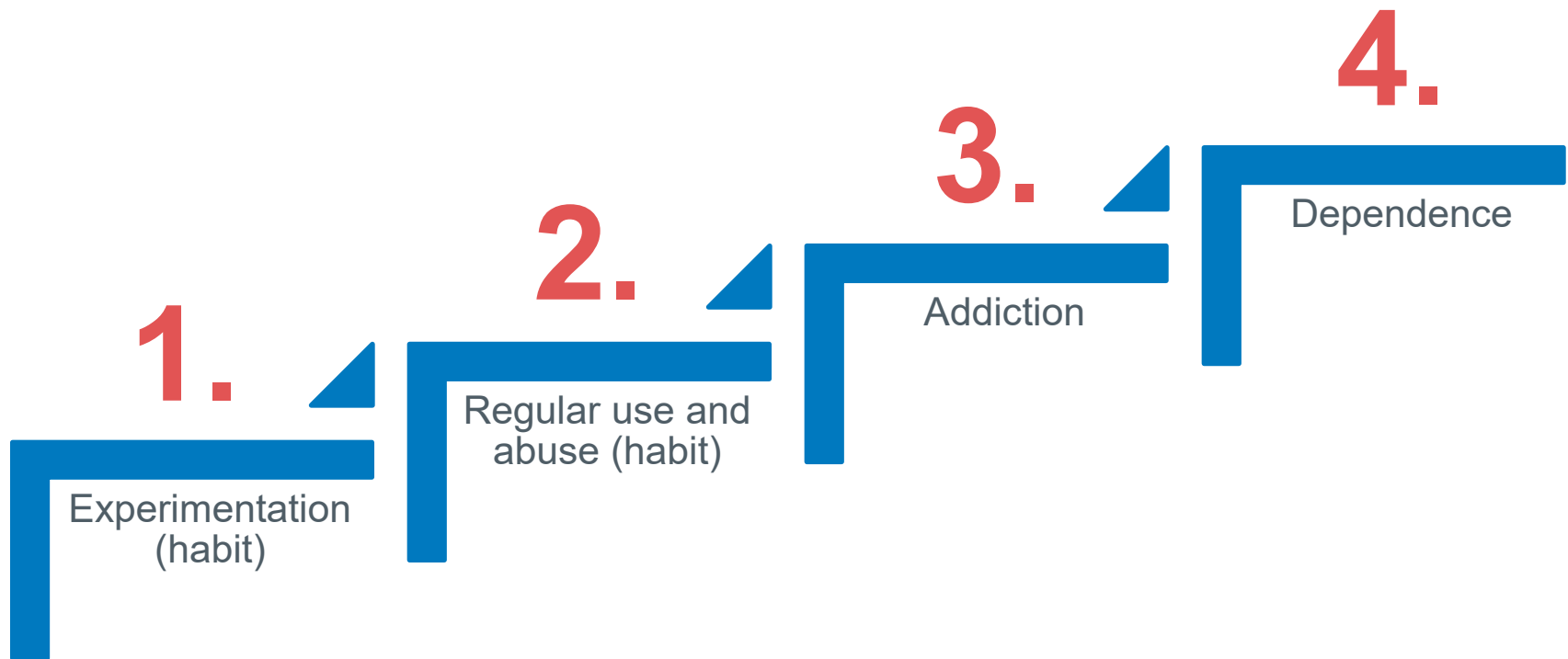
POLL

Which of the following substances or behaviors do you think would be pleasurable for the brain?

Select an answer from the polling panel, then click **Submit**.



THE FOUR STAGES: HOW A HABIT CAN TURN INTO AN ADDICTION

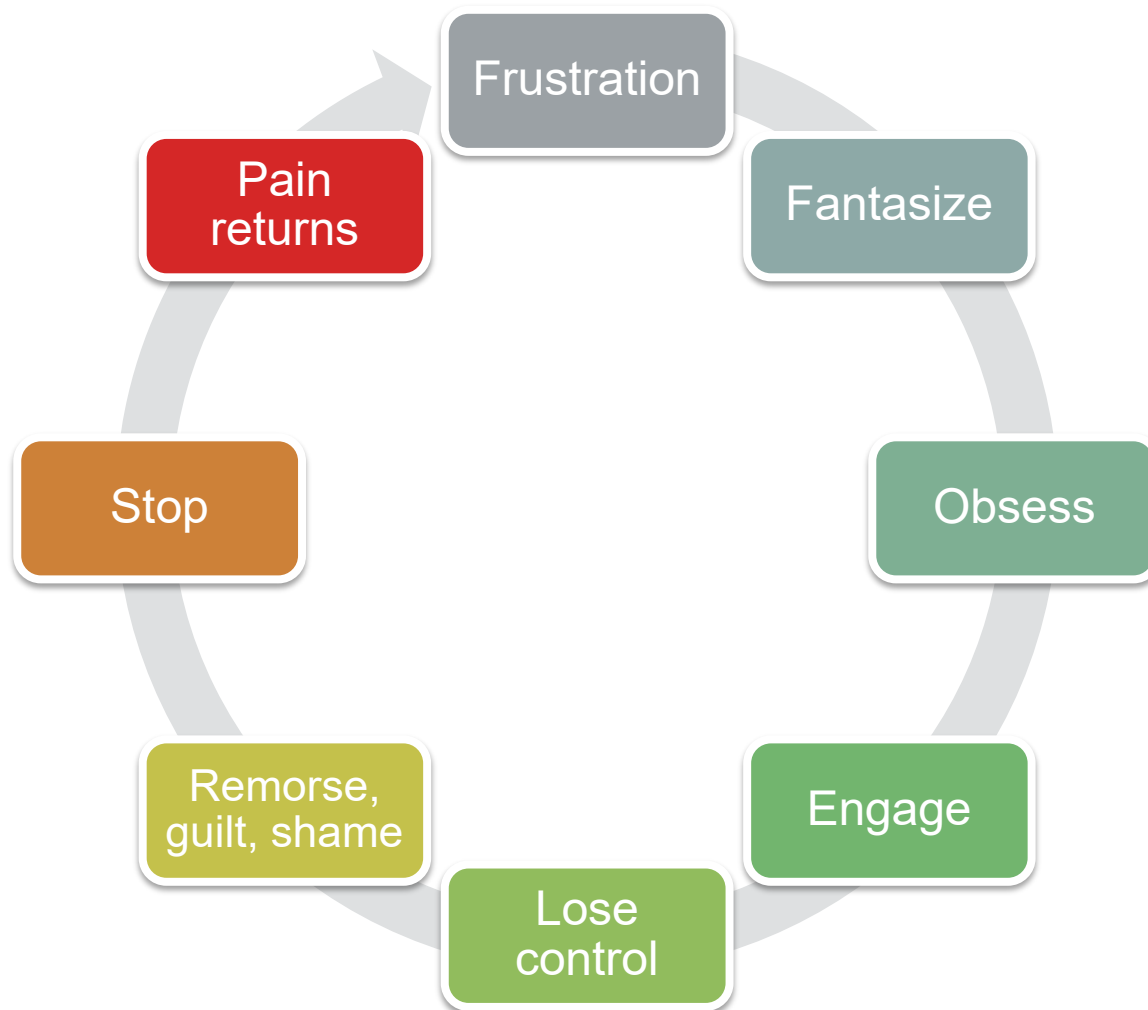


A NOTE ABOUT BEHAVIORAL ADDICTION

The failure to resist an impulse, drive, or temptation to perform an act that is harmful to the person or to others

Characterized by a recurrent, repetitive pattern of behavior that ultimately interferes with daily functioning

THE CYCLE OF ADDICTION



SECTION 2

ADDICTIONS

DRUGS

Illegal (illicit) substances

Heroin

Opiates

Cocaine

Amphetamine

Methamphetamine

Club drugs

Dissociative drugs

Hallucinogens

Marijuana*

Legal substances

Alcohol

Marijuana*

Opiates

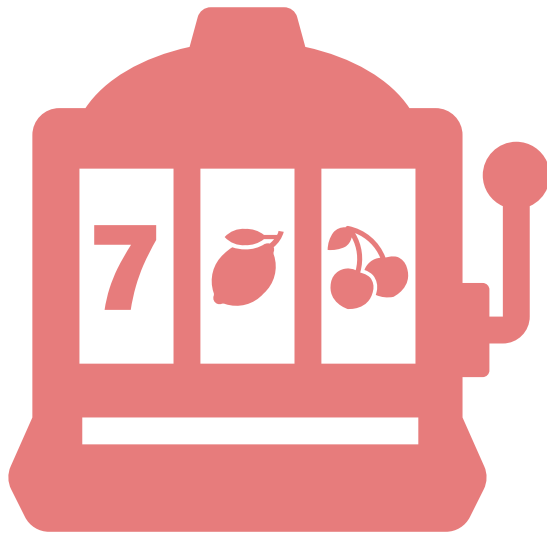
Painkillers

Prescription Drugs

Nicotine

Caffeine

GAMBLING



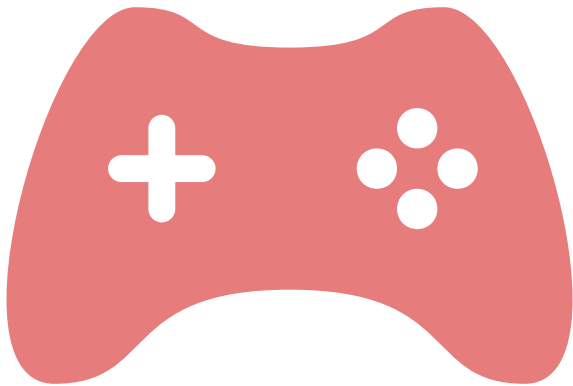
- Compulsive gambling affects 2-3% of Americans
- 85% of U.S. adults have gambled at least once; 60% in the past year
- More men are problem gamblers, but 25% of gambling addicts are women

SEX

- 18-24 million Americans are estimated to be sex addicts
- An estimated 8% of men and 3% of women are sex addicts
- Pornography addiction affects roughly 5-8% of the adult population
- People who are addicted to cyber-porn spend at least 11-12 hours per week viewing porn online



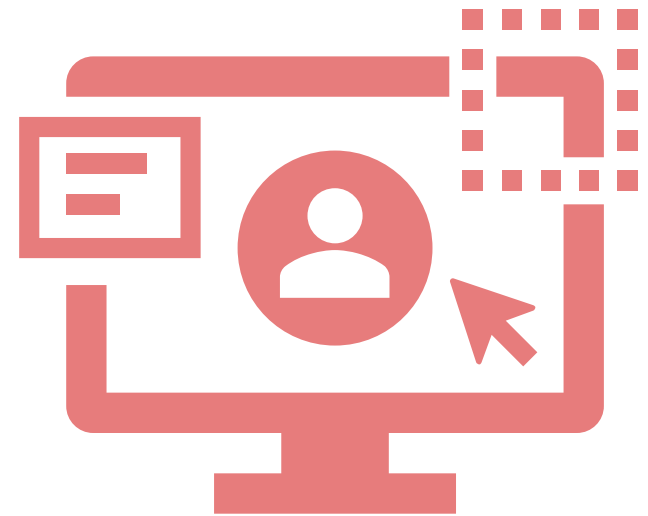
GAMING



- Average playing time for Americans is almost 7 hours a week (2020)
- Divided between genders: 58% of males and 42% of females game
- Online gaming generated over 60 billion dollars in 2020 - almost double compared to 2012

SOCIAL MEDIA

- 7 in 10 U.S. adults use Facebook
 - 74% of those visit it at least once per day (2019)
- 6 years, 8 months: average lifetime spent on social media
- 2 hours, 6 minutes: average time per day on social media



SHOPPING



- Shopping addiction affects about 5% of the world population
 - Occurs most commonly in wealthier countries: U.S., U.K., and Canada
- Average credit card debt for a U.S. household is \$6,200
 - Americans have an average of four credit cards

Typical pattern:

- Thinking about shopping
- Planning shopping trips
- The shopping act itself (online or in-store)

FOOD

- Unique in that one cannot simply stop eating as with other behavioral addictions
- One has compulsion to eat, then overeats to the point of feeling overstuffed, then has feelings of guilt and can't stop the pattern
- Addicts usually hide their food/ eating from others
- Can evolve into an eating disorder such as bulimia



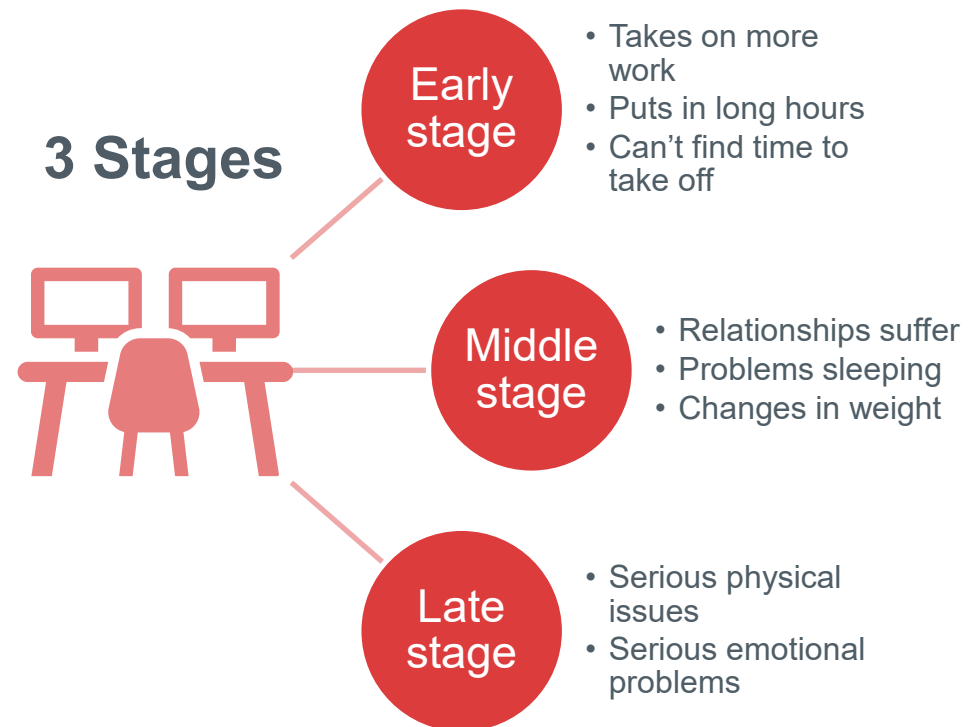
EXERCISE



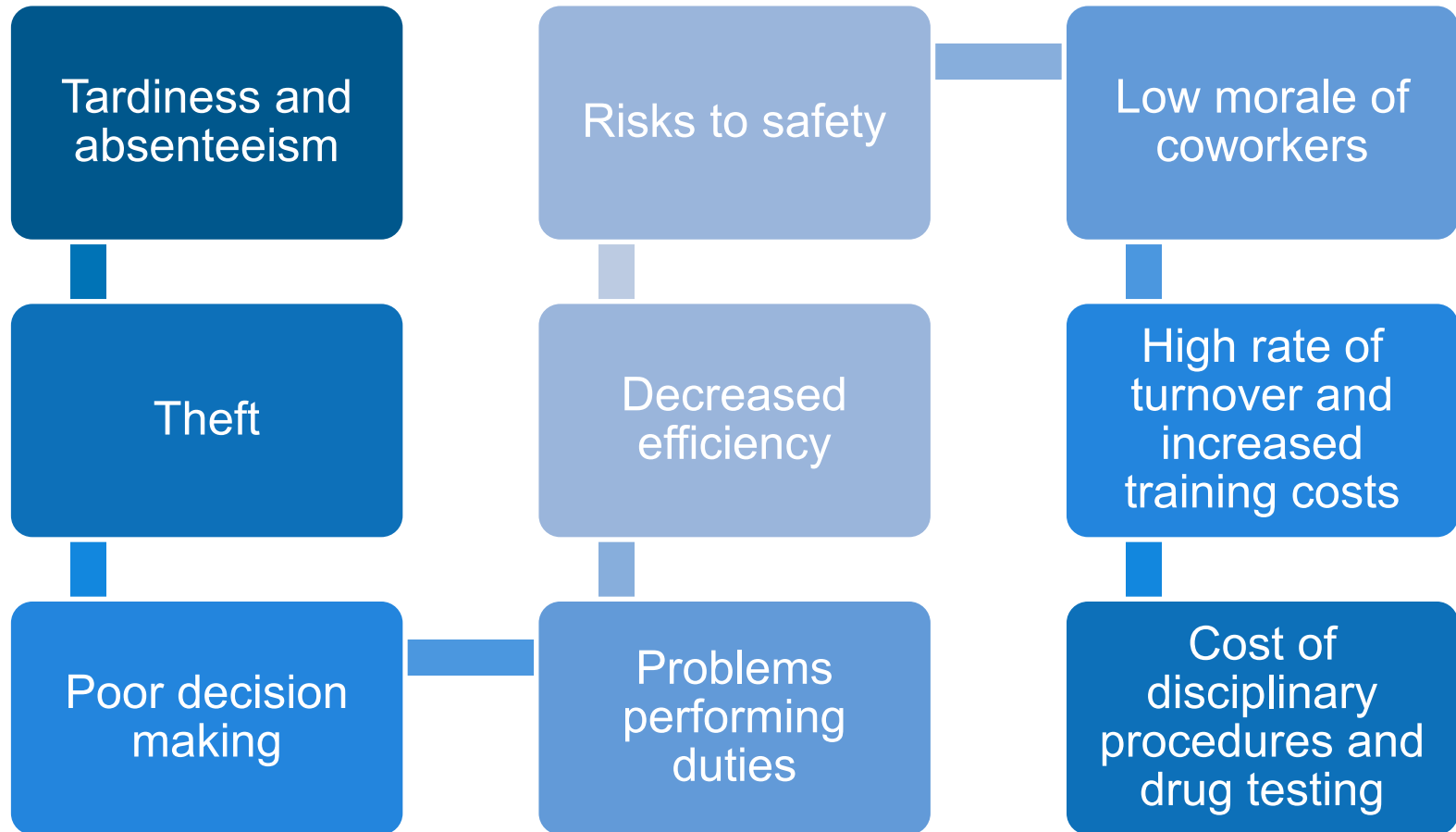
- Contradictory addiction, as exercise is widely promoted as healthy behavior
- Addicts increase amount of exercise to re-experience the natural high they previously had with shorter exertion
- Addicts may experience bodily injuries and malnutrition from burning more energy than they consume
- Could lead to another disorder such as an eating disorder or body image distortion

WORK

- A “compulsive and unrelenting need to work”
- Society rewards workaholics for long hours and over achievement
- Workaholics may have difficulty maintaining healthy relationships, outside interests, and taking care of their health



EFFECTS OF ADDICTION IN THE WORKPLACE



SECTION 3

CHANGE, RELAPSE, SUPPORT

THE STAGES OF CHANGE

Pre-contemplation

I don't have a problem, or I can't change because it's hopeless

Contemplation

I want to stop, but I feel stuck

Preparation

I am planning on changing but have not started yet

Action

I am modifying my behavior

Maintenance

I am committing to ongoing action to maintain the progress I've made

RELAPSE

- Relapse is a hallmark of addiction that may happen once or several times
- Acceptance of relapse is helpful in recovery, but it should be taken seriously and not derail the recovery journey
- Remind oneself that they quit before and experienced benefits when not engaging in the behavior

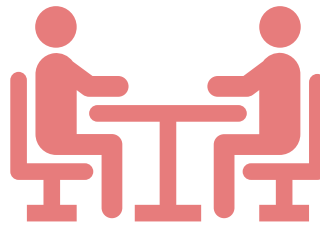
Thought Process

- *I have been doing great. It's ok to do it again. After all, it's been months.*
- *I deserve it because I'm feeling down.*
- *I can stop any time.*
- *I am completely in control of this.*

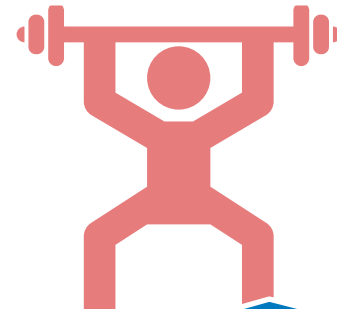
WHEN SOMEONE YOU KNOW IS ADDICTED



Don't ignore the problem



Don't be overly confrontational



Make the addiction as uncomfortable as possible



Make recovery as attractive as possible



Have a plan



Take care of yourself

SUMMARY



- Get healthy, positive support from others
- Access the EAP, support groups, talk to a counselor, or spiritual advisor
- Gain knowledge of the addiction
- Take care of yourself
- Free yourself from feeling responsible for the person addicted

RESOURCES

Websites

- Al-Anon
 - al-anon.org
- Alcoholics Anonymous
 - aa.org
- Internet Addiction
 - netaddiction.com
- Narcotics Anonymous
 - na.org
- Spenders Anonymous
 - spenders.org
- Substance Abuse and Mental Health Services Administration
 - samhsa.gov

Articles

- How to help someone dealing with addiction
 - 7summitpathways.com/blog/help-someone-with-addiction
- Behavioral Addictions
 - americanaddictioncenters.org/behavioral-addictions

Video

- Wasted: Exposing the Family Effect of Addiction
 - ted.com/talks/sam_fowler_wasted_exposing_the_family_effect_of_addiction

THANK YOU



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