ADDICTIONS



HEALTHIER
TOGETHER
ERASMUS+ PROJECT

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What is addiction?

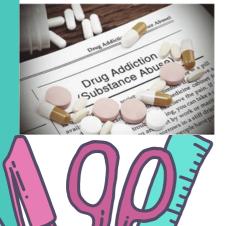


Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.

















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The most common addiction types:

- Tobacco Addiction
- Alcohol Addiction
- Substance Addiction
- Gambling Addiction
- Technology Addiction
- Online Games & Social Media Addiction



















Addiction is most commonly associated with gambling, drugs, alcohol and smoking, but it's possible to be addicted to just about anything, including:

- work some people are obsessed with their work to the extent that they become physically exhausted; if your relationship, family and social life are affected and you never take holidays, you may be addicted to work
- internet as computer and mobile phone use has increased, so too have computer and internet addictions; people may spend hours each day and night surfing the internet or gaming while neglecting other aspects of their lives
- shopping shopping becomes an addiction when you buy things you don't need or want to achieve a buzz; this is quickly followed by feelings of guilt, shame or despair











Signs of Addiction



Psychological signals:

- use of drugs or alcohol as a way to forget problems or to relax
- withdrawal or keeping secrets from family and friends
- loss of interest in activities that used to be important
- problems with schoolwork, such as slipping grades or absences
- changes in friendships, such as hanging out only with friends who use drugs
- spending a lot of time figuring out how to get drugs
- stealing or selling belongings to be able to afford drugs
- failed attempts to stop taking drugs or drinking
- anxiety, anger, or depression
- mood swings











Signs of Addiction



Physical signals:

- changes in sleeping habits
- feeling shaky or sick when trying to stop
- needing to take more of the substance to get the same effect
- changes in eating habits, including weight loss or gain







HOW TO GET AWAY FROM ADDICTIONS?

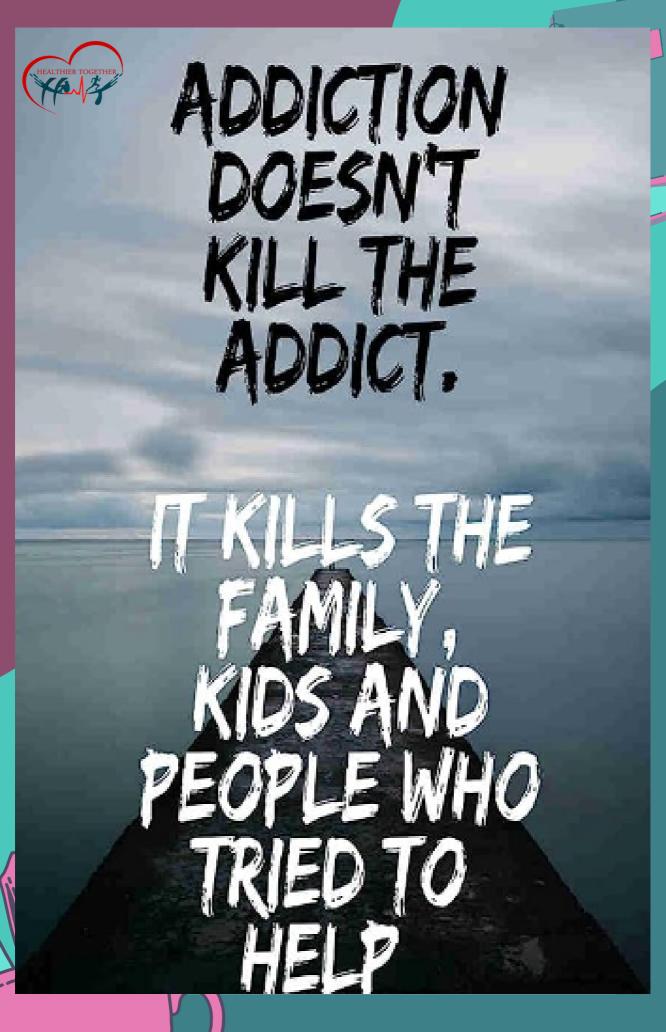
Here are some tips for you to beat any kind of addiction:

Reflect on your life
Identify your weak spots
Stay away from people who encourage addiction
Create a support network
Distract yourself
Exercise regularly
Practice mindfulness
Practice stress management
Love yourself:)



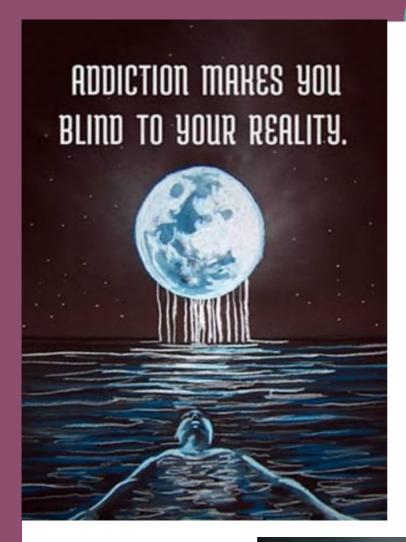






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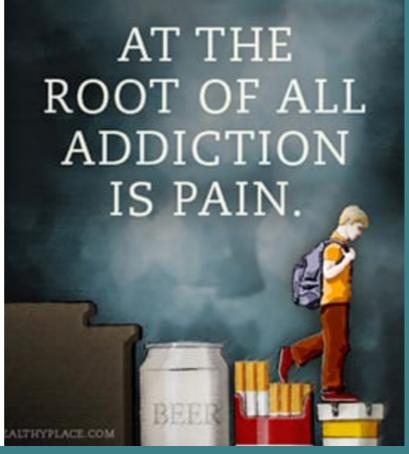








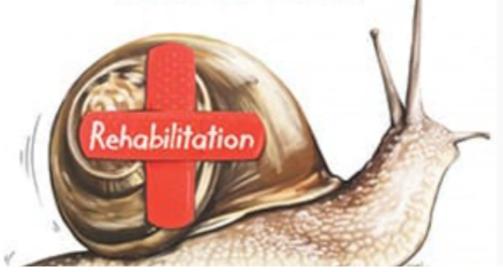




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RECOVERY
IS A PROCESS.
IT TAKES TIME.
IT TAKES PATIENCE.
IT TAKES EVERYTHING
YOU'VE GOT.

















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