

ADDICTIONS



HEALTHIER TOGETHER ERASMUS+ PROJECT



France

Croatia

Romania

Turkiye



Co-funded by the
Erasmus+ Programme
of the European Union





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.



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 :)





**ADDICTION
DOESN'T
KILL THE
ADDICT.**

**IT KILLS THE
FAMILY,
KIDS AND
PEOPLE WHO
TRIED TO
HELP**



ADDICTION MAKES YOU
BLIND TO YOUR REALITY.



AT THE
ROOT OF ALL
ADDICTION
IS PAIN.



Co-funded by the
Erasmus+ Programme
of the European Union



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





This project has been funded with support from the European Commission under the Erasmus+ Programme.

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein

