

Addiction is a complex disease that can have a profound impact on a person's life. Despite its negative consequences, it involves a strong desire for a particular substance or behavior. It's something you can't stop doing and you get used to it. It's something you can't stop doing and you get used to it. Often, addiction co-occurs with other mental health disorders and can be made worse if you're stressed out. The consequences can be severe, affecting your relationships, finances, and overall well-being. There are many different types of addiction, but one that's become increasingly common is work addiction. Working can be good, but working too much can be harmful. People who are too dedicated to their jobs, called "workaholics," often can't stop working. They might work long hours, even when it hurts their personal life, health, or mental health. If someone always works too much and can't take a break, they might have a problem with work addiction. Work addiction is also known as workaholism. It's a growing problem in today's fast-paced world, where individuals feel pressure to be productive and successful. Individuals with work addiction may experience a range of symptoms, such as difficulty setting boundaries between work and personal time, neglecting personal needs and responsibilities, and feeling guilty or anxious when not working. Work addiction can also be manifest in various ways, both observable and internal. At the same time, others may notice excessive work hours and sleep deprivation. Individuals struggling with work addiction often experience internal symptoms like obsessive thoughts about work and intense failure. A study by Cristina Quinones and Mark D. Griffiths found that work addiction can be detrimental to both physical and mental health, as well as overall life satisfaction.

Research suggests that work addiction is a significant issue, affecting between 5% to 10% of the population. The prevalence of work addiction appears to increase with higher levels of education, with estimates as high as 17% among college students. Additionally, women seem to be more susceptible to work addiction, with rates reaching up to one-quarter of female workers. It's important to distinguish between working hard and being addicted to work. While both involve dedication and effort, they have different implications for overall well-being. Working hard is a positive trait that can contribute to success and fulfillment. It consists of putting in effort and being committed to one's goals while maintaining a balanced life with time for other essential activities. Meanwhile, Work addiction, on the other hand, is a compulsive need to work excessively, often at the expense of personal relationships, health, and other aspects of life. It's a growing problem in today's fast-paced world, where individuals feel pressure to be productive and successful. This relentless pursuit of work can lead to a variety of negative consequences, including physical and mental health problems, strained relationships, and a decreased quality of life.

Is it really possible to be addicted to work?

Yes, work addiction is an actual condition. Psychologist Wayne E. Oates coined the term "workaholic" in his 1971 book, *Confession of a Workaholic: The Facts About Work Addiction*. According to Oates, workaholics felt the "compulsion or the uncontrollable need to work incessantly." Much like alcoholism (and other addictions), work addiction has been known to damage an individual's health, happiness, interpersonal relationships, and ability to function socially.

-WORKLIFE BY ATLISSIAN

Work addiction is an addiction. That doesn't mean you can't fix it; it's just important to be realistic. Here are some ways to address this issue:

1. Recognize the problem
 - The first step is to acknowledge that you have a problem. This can be difficult, as work addiction can often be seen as a positive trait.
2. Prioritize Self - Care
 - Make time for yourself to enjoy the things that will help you relax. This may include spending time with your family, watching movies, listening to music, exercising, hanging out with friends, etc.
3. Seek support
 - Talk to a friend or a family member about your struggle. They can provide emotional support and guidance.
4. Learn to say "No."
 - Stop saying "Yes" to everything. It's okay to say "No" or "I'll get back to you" when you're too busy. Consider thinking about whether you can do something. Sometimes, things still get done even if you say no.
5. Focus on one task at a time.
 - Try to do only a few things at a time. It's better to do one thing well than do many things poorly. Remember: work smart, not hard.
6. Consider professional help
 - A therapist can help you develop coping strategies and address any underlying issues that may be contributing to your work addiction. Cognitive-behavioral therapy (CBT) is a beneficial type of therapy for work addiction. CBT can help individuals identify and challenge negative thought patterns related to work and develop healthier coping mechanisms.

Here are some Youtube videos that may be helpful:

"Overcoming Workaholism" by Psychology Today:
<https://www.youtube.com/watch?v=TyDoJThWvAw>

"How to Overcome Work Addiction" by The Huberman Lab:

https://www.youtube.com/watch?v=saZdSfW_qlc

"The Dangers of Work Addiction" by TED-Ed:

<https://m.youtube.com/playlist?list=PLCZzaermc1uoHpmreOWxhS7jvyeRXTjiH>

Work addiction is a severe problem that has an impact on a person's life. However, it is possible to overcome this condition with the proper support and treatment. By addressing the causes and developing healthy coping mechanisms, individuals can regain control of their lives and achieve a healthier and more balanced lifestyle. Your worth is not measured by how much you work. You are more than your job.

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