

Internet Addiction

HOT TOPIC!

In response to current events, Workplace Solutions® has created a presentation entitled, "WHERE ARE THEY HIDING?: CHILDREN LOST IN CYBERSPACE AND THE PREDATORS WHO FIND THEM" Contact us today at 1-800-327-5071 for more information on how we can deliver this hot topic in your workplace and your community .

Signs and symptoms of Internet Addiction include:

| | | | |
|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Preoccupation with the Internet (Thoughts about previous online activity or anticipation of the next online session) | <input type="checkbox"/> | Using the Internet as a way to escape from problems or to relieve an unhappy mood (feeling of hopelessness, guilt, anxiety, depression) |
| <input type="checkbox"/> | Use of the Internet in increasing amounts of time in order to achieve satisfaction | <input type="checkbox"/> | Spending less time on meals at home or at work, eating in front of the monitor |
| <input type="checkbox"/> | Repeated, unsuccessful efforts to control, cut back or stop Internet use | <input type="checkbox"/> | Denying spending too much time on the Internet |
| <input type="checkbox"/> | Feelings of restlessness, moodiness, depression or irritability when attempting to cut down use of the Internet | <input type="checkbox"/> | Others complaining about the amount of time you spend at your computer |
| <input type="checkbox"/> | Being online longer than originally intended | <input type="checkbox"/> | Checking your mailbox too many times a day |
| <input type="checkbox"/> | Jeopardizing or risking loss of significant relationships, jobs, educational or career opportunities because of Internet use | <input type="checkbox"/> | Sacrificing needed hours of sleep to spend time online |
| <input type="checkbox"/> | Lying to family members of others to conceal the extent of involvement with the Internet | <input type="checkbox"/> | Going out less, not socializing as much outside of the home |
| <input type="checkbox"/> | Using the online services everyday without any skipping | <input type="checkbox"/> | Logging onto the Internet while already busy at work |
| <input type="checkbox"/> | Losing track of time after making a connection | <input type="checkbox"/> | Sneaking online when spouse or family members are not at home, with a sense of relief |

If you checked 5 or 6 boxes you may have a greater chance of developing a problem.

Internet abuse is a rapidly growing problem for many individuals. Whether it's at home or in the workplace, recent studies suggest that nearly 6 percent of online users suffer from potential addiction to the Internet, which can lead to significant psychological, occupation and relationship impairment.

Internet addiction results in personal, family, academic, financial and occupational problems that are characteristic of other addictions. The real concern is Internet addicts spend more time in solitary seclusion and spend less time with real people in their lives.

Some helpful websites are:
www.addictionrecov.org
www.netaddiction.com
www.notmykid.org

For professional consultation regarding concerns about Internet addictions or other concerns related to yourself, family members, dependents or employees, you may call Workplace Solutions® at 800-327-5071 for a free, confidential, in-person appointment.