

Cell Phone Addiction

It's A thing

Don't Let It Interfere With Your WELLBEING

genda

Statistics

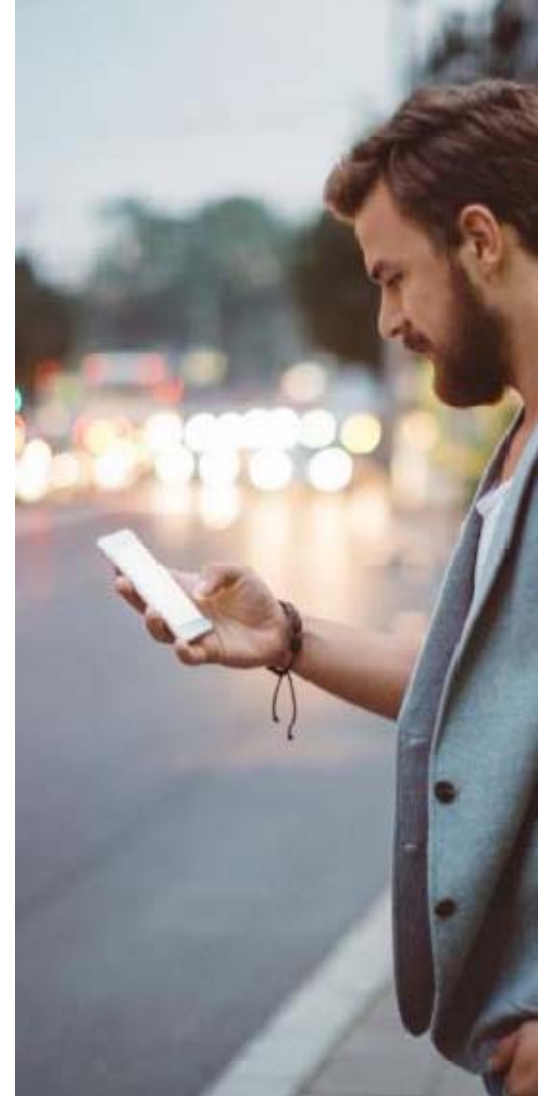
Definition of Addiction

Cell Phone Addiction

How Cellphone Addiction Impacts Your Wellbeing

How to Minimize Cellphone Usage

Question and Answers





The Statistics

- 97% - Own cellphones of some kind
- 85% - Own smartphones up 35% from 2011 study
- 15% - Cellphone Dependency



Definition of Addiction

addiction may be categorized as a type of behavioral addiction.

It presents when a person can't go without using their phone

Excessive use causes adverse consequences

Withdrawal symptoms similar to withdrawal from drugs they do.

Source: www.verywellhealth.com/phone-addiction-5218743

Addiction noun

1. a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence : the state of being addicted
2. a strong inclination to do, use, or indulge in something repeatedly

Source: www.merriam-webster.com



What is a behavioral addiction?

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
Explicitly included behaviors in the addictions category

Source: www.verywellhealth.com

Behavior Addiction is also referred to as Process Addiction

Behavioral addictions (also called process addictions) follow the same pattern as substance-based addictions, and they result in problems in many areas of a person's life.

Source: www.verywellhealth.com



Signs of Behavior Addiction

8 Signs You May Have a Smartphone Addiction

The following changes in your behavior and relationships may indicate you have a problem with smartphone addiction.



Isolation from friends



Strained interpersonal relationships



Waking up constantly to check your smartphone



Trouble focusing on work or school



Growing anxiety and fear of missing out

Increased feelings of loneliness or depression

Intense boredom when not using your smartphone

Irritability when your smartphone is not nearby

Source: www.verywellhealth.com

Sources: Healthline, HelpGuide, Verywell Family



Signs of a cellphone problem

- Spend the majority of time on your phone (outside of work or academic use)
- Experience significant distress or impairment as a result of your phone use
- Have unsuccessfully tried to limit phone use
- Neglect friends, family, and other relationships due to phone use
- Frequently feel your phone alerting you when it's not (i.e. phantom vibrations)
- Continue to use your phone in excess despite negative effects on health, work, academic performance, or relationships
- Feel unable to reduce or control phone use

Source: www.resourceaddiction.net



Behavior Addiction vs. Cellphone Compulsion

Behavior Addiction

VERSUS

Cell Phone Addiction

Spending the majority of your time engaging in the behavior, thinking about or arranging to engage in the behavior, or recovering from the effects of the behavior as a way to cope with emotions and to "feel normal"

Continuing despite physical and/or mental harm

Experiencing trouble cutting back despite wanting to stop

Neglecting work, school, or family to engage in the behavior more often

Experiencing symptoms of withdrawal (for example, depression or irritability) when trying to stop

Minimizing or hiding the extent of the problem

- Spend the majority of time on your phone (outside of work or academic use)
- experience significant distress or impairment as a result of your phone use
- have unsuccessfully tried to limit phone use
- neglect friends, family, and other relationships to phone use
- frequently feel your phone alerting you when it is not (i.e. phantom vibrations)
- continue to use your phone in excess despite negative effects on health, work, academic performance, or relationships
- feel unable to reduce or control phone use



How to Minimize Cellphone Usage



First you need to acknowledge that your cellphone use is having a negative effect on your life.

- Buy a cellphone lockbox that only opens after a set amount of time. This will limit your use.
- Remove apps that take up the majority of your time.
- Eliminate notifications on your phone so you aren't summoned to check it every time a notification appears.
- Charge your phone in an inaccessible place so it's harder to get to.
- Try to replace phone use with other activities you enjoy.



Consequences of Cellphone Over-Usage

Your Wellbeing

How cellphone over usage can
impact your wellbeing



There are a number of
ways cellphone addiction
can negatively impact
your life









The 8 Dimensions of Wellness

Health is Wealth



Eight Dimensions of Wellness

The 8 Dimensions of Wellness help us to make healthy decisions and recognize that our behaviors have a significant impact on our well-being by adopting healthful habits. These dimensions are interconnected and can affect each other.

-  Emotional: Embracing feelings, dealing with stress, & managing challenges
-  Intellectual: Learning new ideas, improve skills & seek challenges
-  Physical: Developing healthy habits with eating, doctor's appointments, exercise, sleep, etc.
-  Social: Connecting & relating to others
-  Financial: Developing personal financial goals that are realistic
-  Spiritual: Embracing personal ethics, values & living codes
-  Occupational: Finding work/life balance
-  Environmental: Finding positivity in our surroundings including your home & work place

How to Contact Our Team:

- * Check out our Employee Health & Wellness Intranet page!
- * Email our team: Carrie Baines, Wendy Bundy, Jennifer Jessee, Dr. Angela Roberts or Torecka Shelton

The Effects of Phone Addiction

Do you or have you experienced any of these?

**You may have
experienced
some of these
effects and not
even thought
your cellphone
could be the
cause!**

- Muscle pain and stiffness
- Fatigue
- Blurry vision
- Dry eyes
- Red or irritated eyes
- Auditory illusions (hearing your phone ring or vibrate when it's not)
- Thumb or wrist pain
- Loss of interest in other activities you once enjoyed
- Insomnia and sleep disturbances
- Worsened school or work performance
- Heightened conflicts with your social group or family
- Feelings of irritability or unease when you don't have your phone
- An increased risk of developing depression or anxiety
- Putting yourself in dangerous situations by using your phone when you should be driving
- Feelings of guilt, helplessness, or loneliness when you go without your phone

**How will you view
your cell phone
usage after
today?**



Any Questions or Comments?

Thank you for the opportunity to share
this presentation with your group!