

WORKAHOLISM: THE RESPECTABLE ADDICTION?

For workaholics, all the eggs of self-esteem are in the basket of work...Judith M. Bardwick

WHAT TO KNOW!

- ❖ Workaholism is a compulsive disorder or an addiction to work and it is quite different from just working hard or working a lot
- ❖ It is an obsession with work and it interferes with maintaining healthy interests, relationships, and even one's health
- ❖ Karoshi is a Japanese term that means death by overwork and is estimated to claim over 1000 lives a year mainly through stress related heart attack and stroke
- ❖ Workaholism can have major health consequences including burnout, anger, depression, anxiety, stomach aches, and headaches
- ❖ Workaholics are inefficient but busy all the time; they feel anxious with nothing to do
- ❖ Their focus is on activity, being and staying busy, rather than being productive
- ❖ They tend not to be team players, do not delegate to others, are not as organized as others and have difficulty trusting others to do the quality of work they do
- ❖ Like other addictions, workaholics deny that they have a problem
- ❖ Some of its causes are parental modeling when younger, job demands, high perceived expectations, depression, and low self esteem
- ❖ Workaholics often feel that by working long hours, it will increase their self worth
- ❖ They tend not to have many friends, don't take care of themselves, do not have any hobbies, and worry about work even when on vacation
- ❖ Workaholics also tend to focus on work in order to avoid painful feelings or conflicts
- ❖ Common traits of workaholics include: taking work home to do at night or on the weekends, only liking to talk about work, working makes them happier than anything else, taking on extra work, and being energetic at work and lethargic at home
- ❖ Workaholics also have difficulty going home after a day's work, have trouble enjoying the rewards of their work, and rationalize or break promises to relax
- ❖ Workaholics often turn their home into another office and believe that sleep and play activities are a waste of time
- ❖ Society tends to reward workaholic behavior with more money and promotions
- ❖ It is easier being a workaholic today because of technology including smartphones, tablet computers, WiFi, and the concepts of telecommuting and a home office
- ❖ Workaholics find it nearly impossible to disconnect from their technology

WHAT TO DO!

- ❖ Program your schedule to spend specific time with family members and keep it
- ❖ Force yourself to connect with and see friends
- ❖ Limit your time with technology; disconnect for relaxation time
- ❖ Schedule and keep regular medical exams, eat and sleep well, and exercise
- ❖ Get out of the office for a few minutes several times a day and say hello to others
- ❖ Exercise your mind by reading, writing, and learning unrelated to work things
- ❖ Consider what you are working for; what are your life's goals?
- ❖ Attend Workaholics Anonymous meetings
- ❖ Seek professional help if you are unable to manage your work addiction

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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