



This Isn't Your Grandfather's Addiction

A Mental Health Message from Your Member Assistance Program (MAP)

Understanding Modern Addiction

When we hear the word “addiction,” many of us think of alcohol, drugs, or gambling. But today’s landscape has shifted. Addiction now wears a digital face—one that’s harder to spot and easier to justify. Social media, online shopping, streaming platforms, and even constant news scrolling can quietly hijack our attention, emotions, and time.

As your Member Assistance Program (MAP), we’re here to help you understand these newer forms of addiction and how they affect your mental health. These behaviors may seem harmless or even productive, but when they begin to interfere with sleep, relationships, work, or emotional well-being, it’s time to take a closer look.



Signs of Modern Addiction

- Feeling anxious or irritable when disconnected from your phone or laptop
- Losing track of time while scrolling or binge-watching
- Constantly checking for updates, likes, or new content
- Shopping online impulsively to relieve stress or boredom
- Neglecting responsibilities or relationships due to screen time

These patterns aren’t about weakness—they’re about wiring. Digital platforms are designed to keep us engaged, and that can lead to compulsive use. The good news? Awareness is the first step toward change.

The Mental Health Impact of Digital Overload

Modern addictions don't just waste time—they reshape how we think, feel, and connect. The constant stimulation from screens and digital content can lead to burnout, anxiety, and even depression. For union members who already face demanding schedules and high-pressure environments, this added strain can be especially harmful.

Digital addiction often masquerades as convenience or entertainment, but it can quietly erode our mental health. It's not about blaming technology—it's about learning to use it wisely.

How Digital Addiction Affects Mental Health

- Disrupts sleep cycles and increases fatigue
- Heightens anxiety and stress through constant alerts and comparisons
- Reduces attention span and focus at work
- Increases feelings of isolation despite being "connected"
- Fuels compulsive behaviors like doomscrolling or impulse buying

Your MAP is here to help you find balance. We offer confidential support to help you assess your habits, set boundaries, and reconnect with what matters most—your well-being, your work, and your relationships.

MAP Can Help You:

- Identify unhealthy digital patterns
- Create personalized screen-time boundaries
- Address anxiety, stress, or compulsive behaviors
- Explore healthier coping strategies
- Support family members dealing with digital overload

You don't have to go offline completely. You just need to take control.

Reclaiming Your Time and Attention

Digital addiction thrives in silence. That's why talking about it matters. As union members, you have the power to lead by example—at work, at home, and in your community. Let's build a culture where mental health includes digital health.

This isn't your grandfather's addiction, but it's just as real. And just like any other challenge, it can be faced with solidarity, support, and smart strategies.

Tips for Managing Digital Habits

- Set “no screen” zones at home (e.g., bedroom, dinner table)
- Use apps to track and limit screen time
- Schedule regular breaks from devices during the day
- Replace scrolling with physical activity or hobbies
- Unsubscribe from marketing emails and mute unnecessary notifications

Your MAP is here to support you every step of the way. Whether you’re struggling with screen time, online shopping, or just feeling overwhelmed by the digital noise, we’re ready to help you reset.

Let’s take care of our minds—and our time. You deserve it.

**For more information, tools, resources, or app information, call your
Life Advisor Member Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling
for you & your family.**

Call us- we’re here to help **800.448.8326**