

Dr Peter Klug

Mood Disorders

Trauma-related Disorders

Forensic Psychiatry

Occupational Psychiatry

ANXIETY

AND HOW TO MANAGE IT

ANXIETY AND FREUD

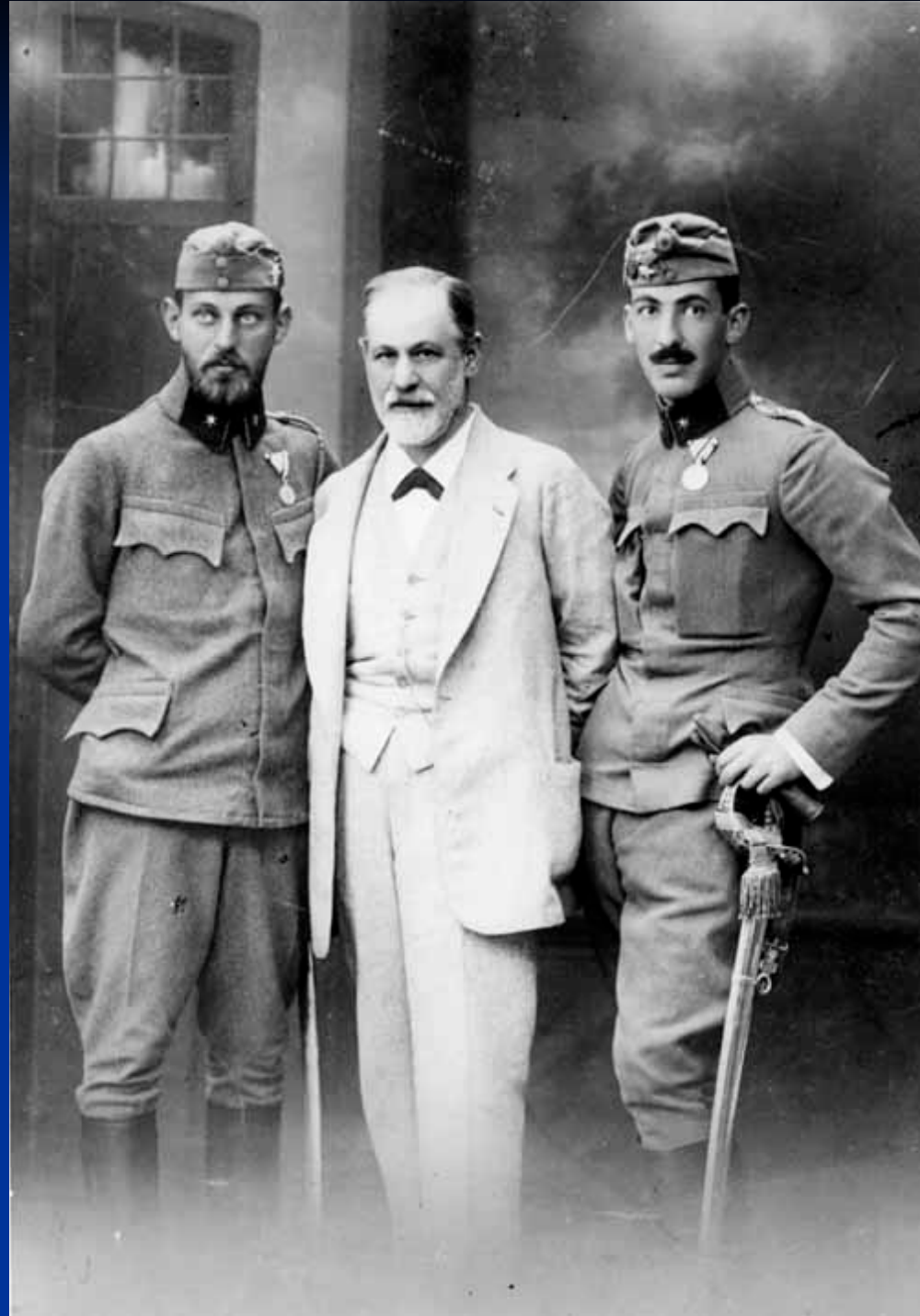
IN EVERYDAY LIFE

Objectives

- Relate Freud's structure of the mind to yourselves
- Use Freudian theory to understand the nature of anxiety
- Understand excessive anxiety and its types
- Understand the management of anxiety and aggression
- How to use these strategies for yourself

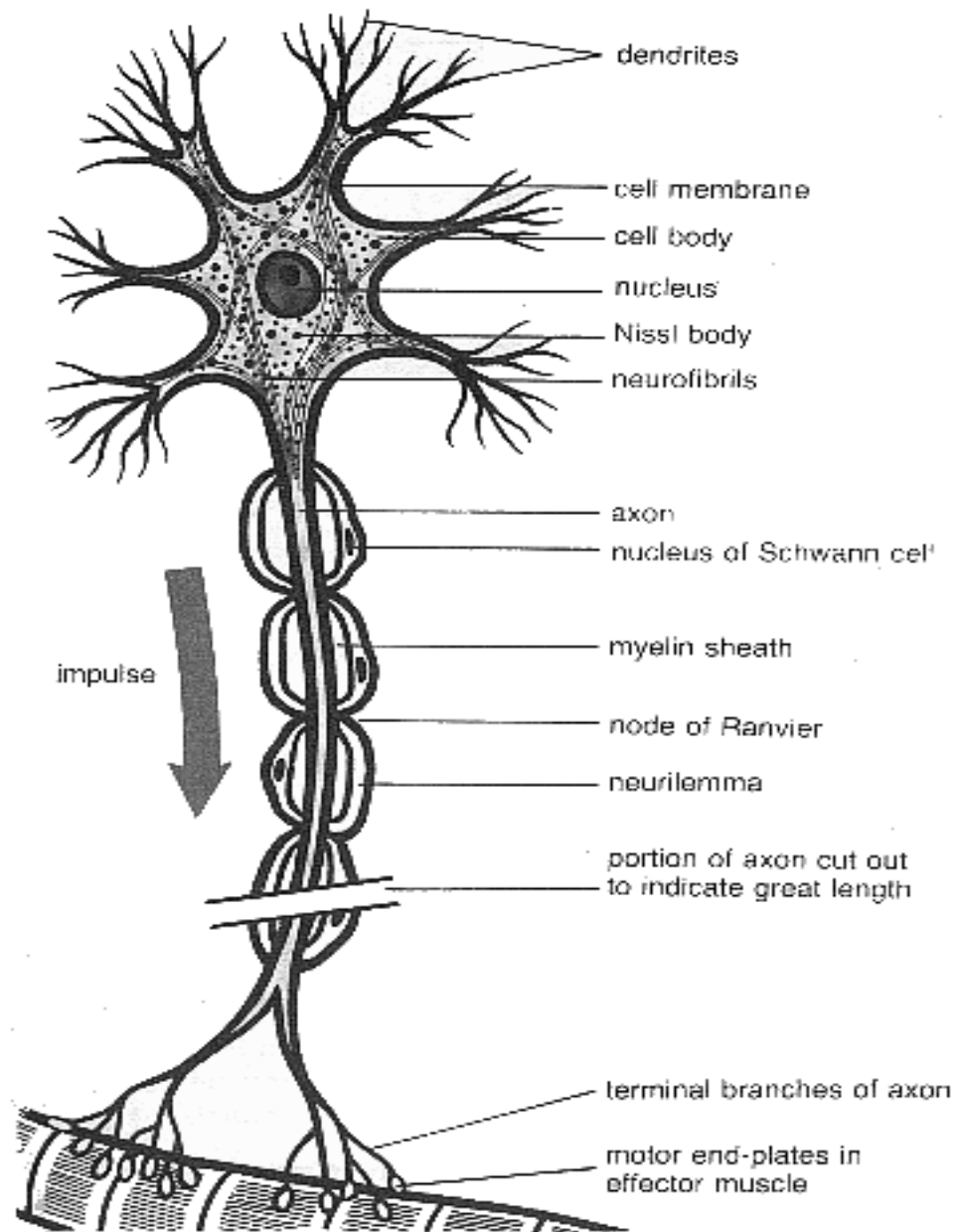
Three Great Insults to Mankind

- Copernicus : The sun, not the earth, is the centre of the solar system
- Darwin : We evolved from animals
- Freud : We don't know what we're thinking











Freud's Structure of the Mind

S		Conscious
U	EGO	Preconscious
P E R E G O	ID	Unconscious

**this morning what
did you consciously
not have to think
about?**

**What is the same
about you every
day?**

Ego

- Organized
- Mediates between the person and reality
- Tasks
 - Perception - including self perception and self awareness
 - Adaptation to reality
 - Uses anxiety to ensure safety
 - Action, memory, expression/emotion,

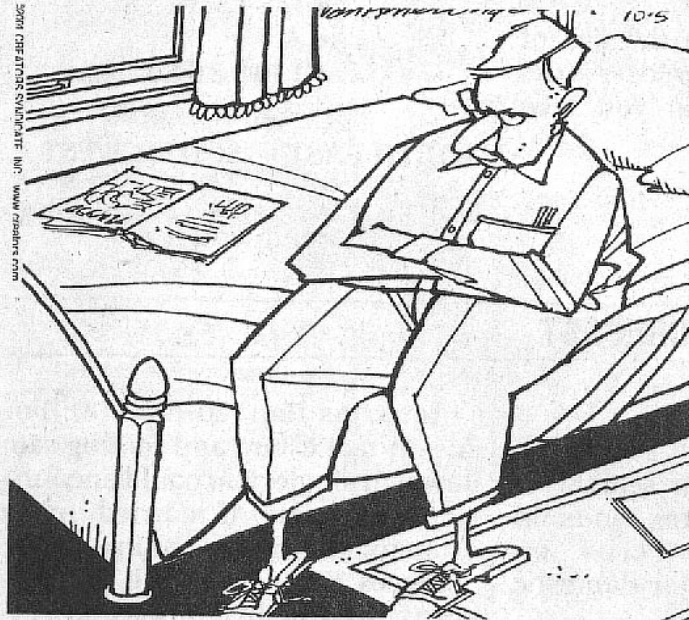
Superego

- The last function of the psyche to develop
- The representative of the society within the psyche
- Conscience or morality
- Ideal aspirations [ego-ideal]
- Mainly unconscious
- Develops from the ego by identifying with parents

Superego

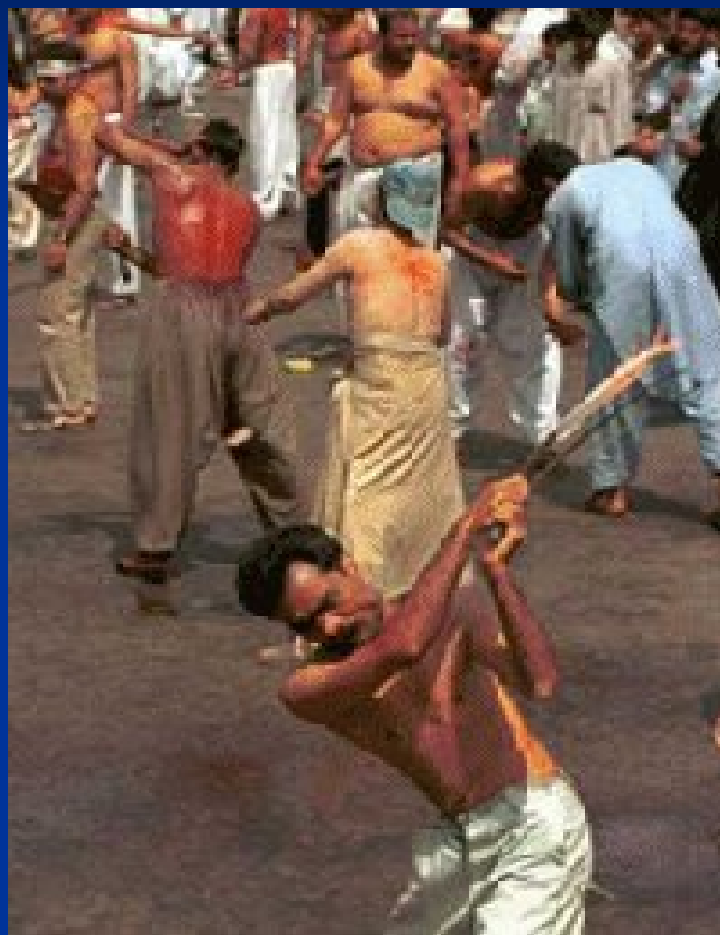
- Approves or disapproves of the ego's actions
- Critical self-observation
- Self-punishment
- Demands repentance or reversing a wrong
- Provides self-love or self-esteem for having done right

BALLARD STREET By Jerry Van Ameronger



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Stern disciplinarian Dean Tricky confines himself to his room for the remainder of the day.



Freud's Structure of the Mind

S		Conscious
U	EGO	Preconscious
P		Unconscious
E		
R		
E	ID	
G		
O		

Id

- Completely unconscious
- Develops from the primitive unformed psyche
- Precedes the ego and the superego
- Represents our instinctual drives
 - Hunger/Thirst
 - Aggression
 - Sex

Dreams: The Royal Road to the Unconscious

- A psychic phenomenon that occurs during sleep in which thoughts, images, emotions etc. present themselves to the dreamer, usually with a definite sense of reality
- They fulfill a vital purpose
- They foster solution in fantasy of needs and conflicts too dangerous for solution in reality

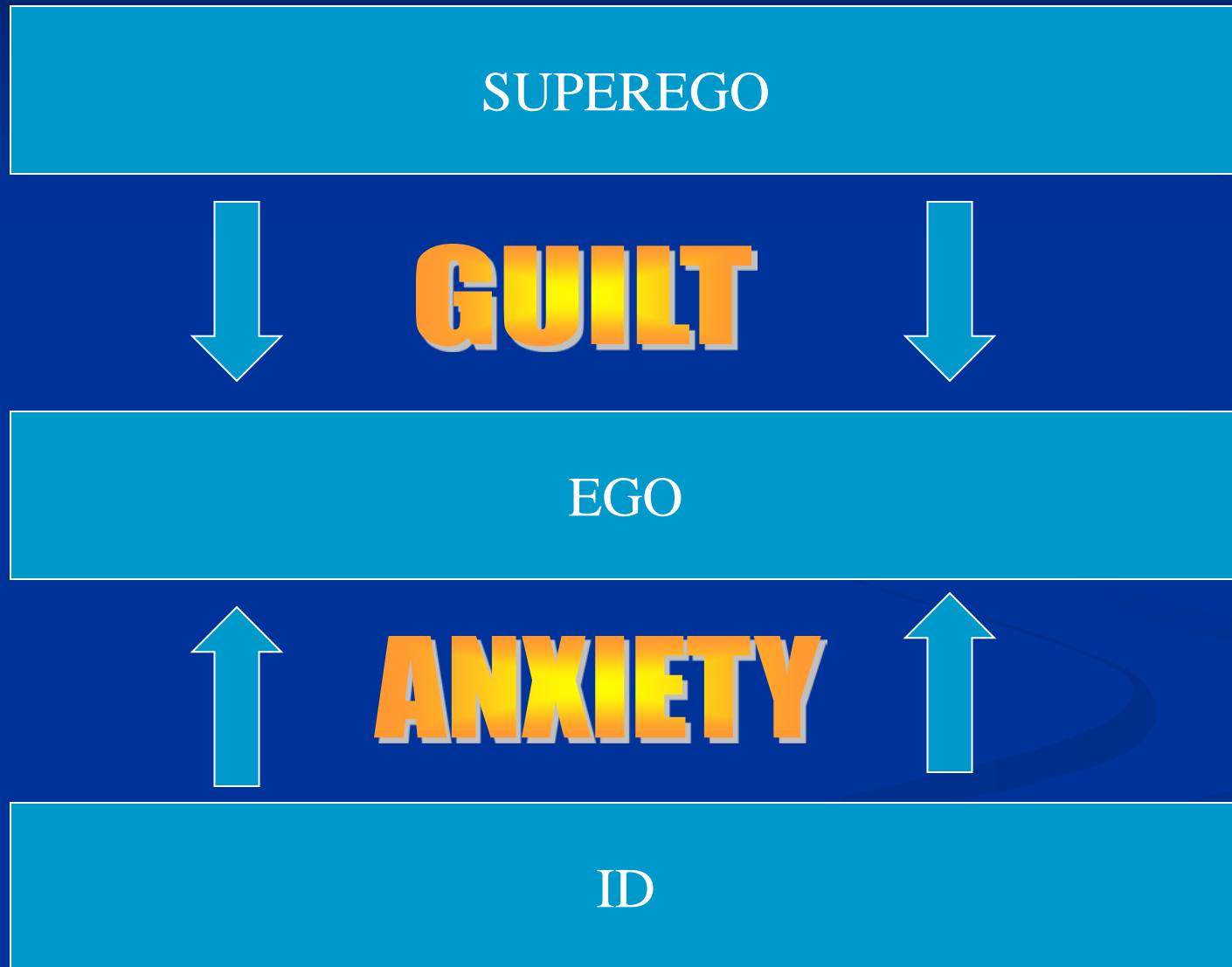
Dreams

- They work through destructive and traumatic experiences that defy the coping capacities of the waking state
- It is one of the ways in which impulses from the unconscious reach the level of consciousness
- It is a universal psychic function which is typical of the human mind





Anxiety and Guilt



Anxiety and Guilt

SUPEREGO



ego



ID

Anxiety and Guilt

SUPEREGO



GUILT



EGO



ANXIETY



ID

Anxiety and Excessive Anxiety

- Anxiety is normal and necessary to function on a daily basis
- Anxiety does not cause distress or dysfunction
- Excessive anxiety is associated with symptoms
- Symptoms can be gathered into syndromes

Fear vs Anxiety

- Fear is the response to an immediate threat
- Anxiety is the response to an anticipated threat

Primitive Fears

- Personal Injury
- Abandonment



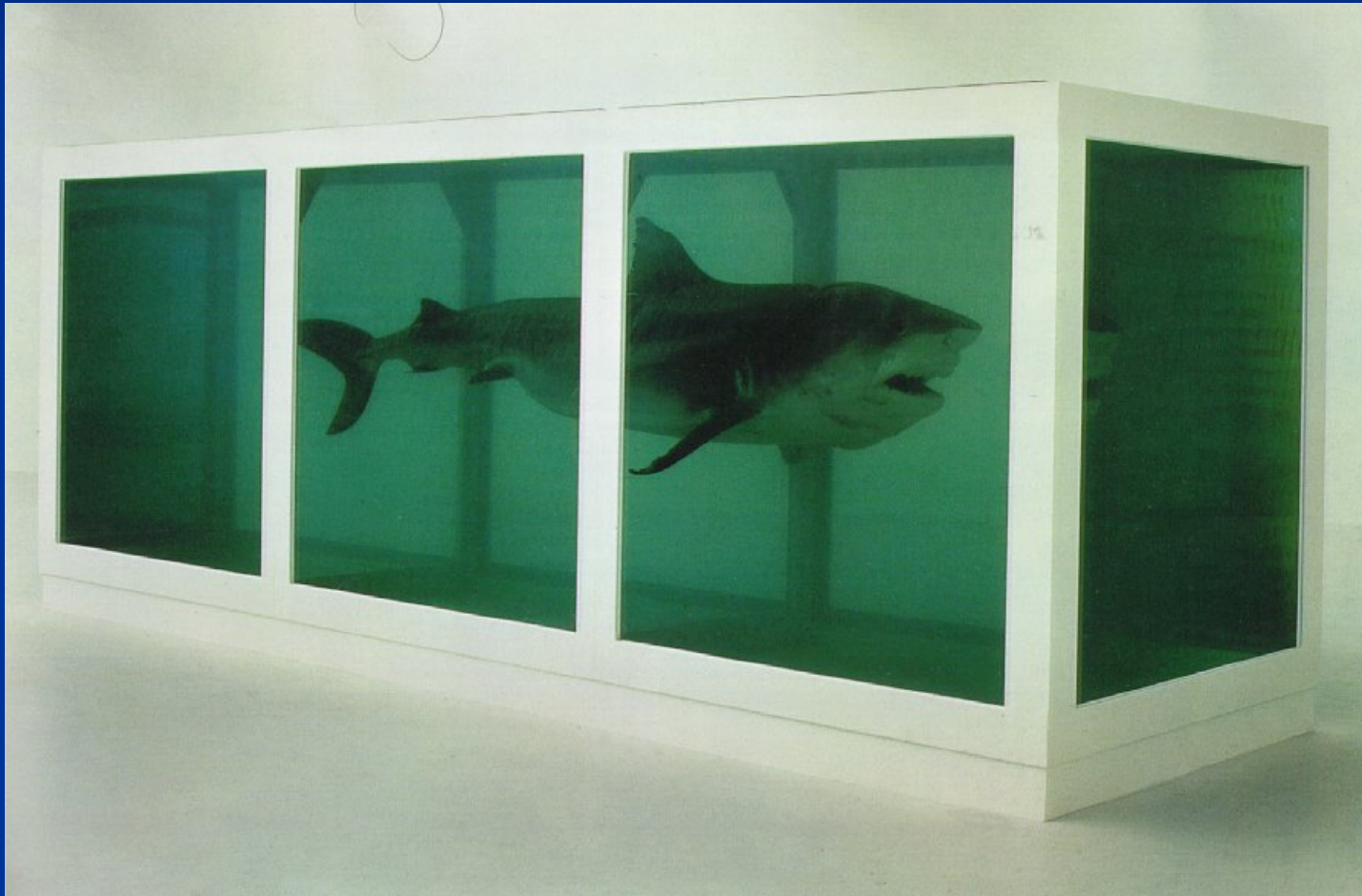


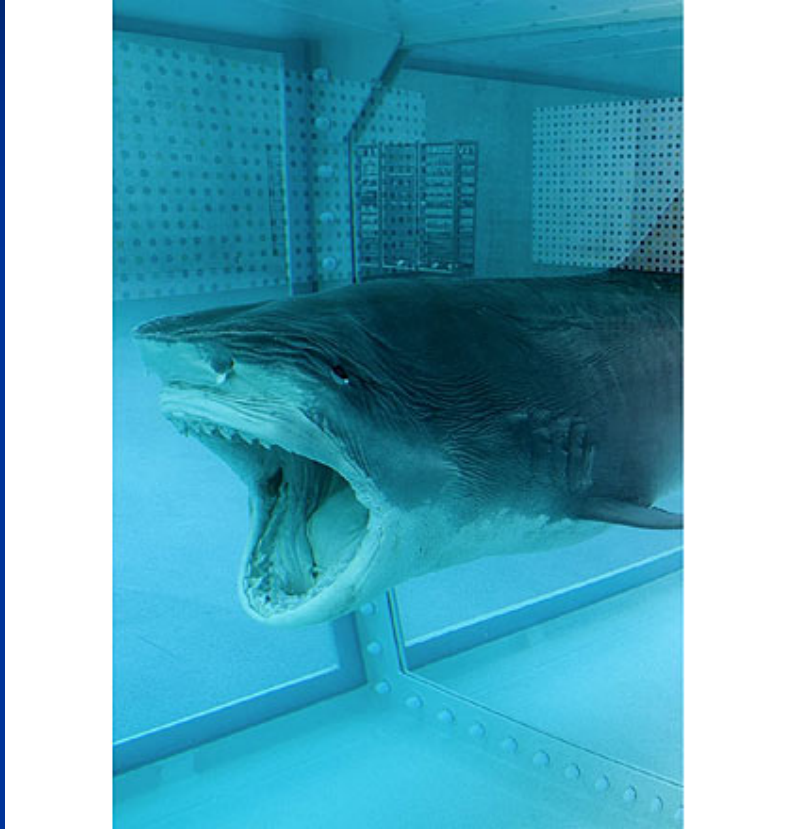






The Physical Impossibility of Death in the Mind of Someone Living











**What are some of
the symptoms of
fear and anxiety?**

Symptoms of Fear and Anxiety

- Somatic = Bodily
- Psychic = Mental or Psychological

Symptoms of Fear and Anxiety

■ Somatic

- Headaches, neck aches, back aches
- Tremor
- Breathing changes
- Sweating
- Nausea and vomiting
- Diarrhoea and urinary frequency
- Ringing in the ears
- Blurred vision

Symptoms of Fear and Anxiety

- **Psychic**
 - Flight
 - Dread
 - Apprehension
 - Freezing
 - Confusion and Indecisiveness
 - Sense of unreality
 - Obsessionality
 - Avoidance

**What kinds of
anxieties do I
currently deal with?**

-At home?

-At work?

**What kinds of
strategies do I use
to manage these
anxieties?**

Strategies for Managing Anxiety

- Becoming aware of being anxious
- Identifying symptoms
- Identifying stresses
- Addressing stresses
- Relaxation techniques
- Distraction
- Exercise

Managing Anxiety

- Managing recreational time
 - Planning ahead
 - Holidays
 - School holidays
 - Weekends
 - Long weekends
 - Evenings
 - Lunch breaks
 - Don't take work away with you

Strategies for Managing Anxiety

- Active hobbies/interests
 - Crafts
 - Arts
 - Garden
 - Shed
- Avoid screens at every opportunity
- Read books unrelated to work
- Cultivate friends from other walks of life
- Spend time outdoors
- Spend less time managing money

Strategies for Managing Anxiety

- Sexual activity planning
- More frequent sex
- Spend longer having sex

Strategies for Managing Anxiety

- Slow Food Movement
- Slow Life vs Cult of Speed
- The World Institute of Slowness
- Cittaslow

Strategies for Managing Anxiety

- Drugs and Alcohol
 - Alcohol - grams
 - Caffeine - coffee, Coke, Diet Coke, energy drinks
 - Nicotine
 - Prescribed drugs: Stilnox, Xanax, Valium, Temaze, Mogadon, etc, etc, etc....
 - Smack, speed, dope, ekkies, acid, special K, ice, etc, etc, etc.....

Sleep Hygiene

What you can and cannot do in
bed

Identifying and challenging unhelpful thinking

A cognitive approach

ANXIETY DISORDERS

THE LATE GEORGE ENGEL

- BIO
- PSYCHO
- SOCIAL

BIO

DEPRESSION

BIO

ANX

EXCESS
ANX

SYMPTOM
ANXIETY

SYMPTOMS

1. ACUTE
2. *CHRONIC*
3. **TRAUMATIC**

SOCIAL

PSYCHO

- Generalized
- Panic
- Pan/Ag
- OCD
- Phobias
- PTSD

SOME TYPES OF THERAPY

- Education
- Supportive psychotherapy
- Psychodynamic psychotherapy
- Inter-personal therapy - IPT
- Cognitive behaviour therapy - CBT
- Relaxation techniques
- Group therapy

MORE TYPES OF THERAPY

- Narrative therapy
- Gestalt therapy
- Art therapy
- Music therapy
- Psychodrama
- Encounter groups
- Humour therapy
- Play therapy
- Dream interpretation