

# Dr Peter Klug

Mood Disorders

Trauma-related Disorders

Forensic Psychiatry

Occupational Psychiatry

# **ANXIETY AND HOW TO MANAGE IT**

# ANXIETY AND FREUD

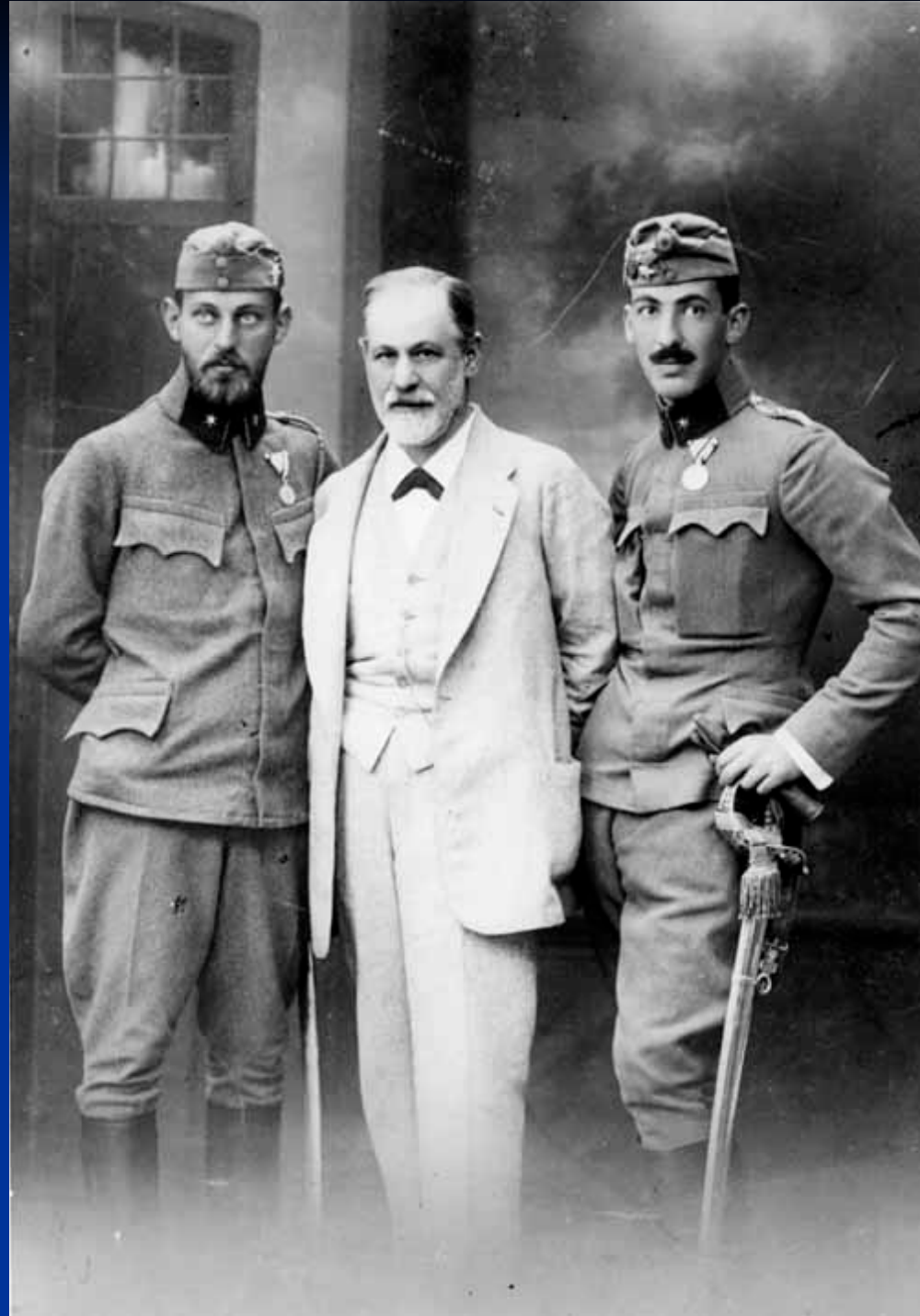
IN EVERYDAY LIFE

# 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

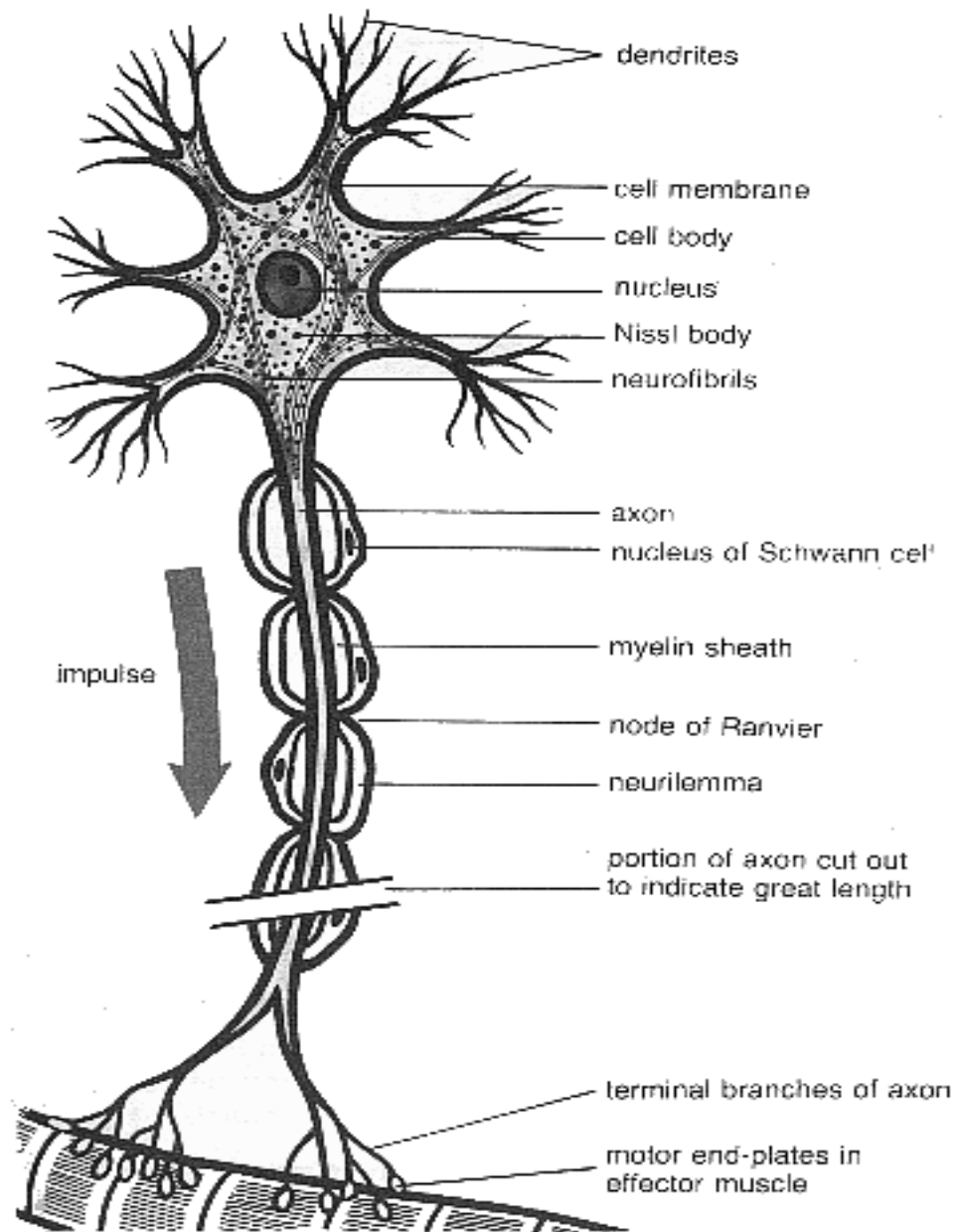
- Copernicus : The sun, not the earth, is the centre of the solar system
- Darwin : We evolved from animals
- Freud : We don't know what we're thinking













# Freud's Structure of the Mind

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

**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,

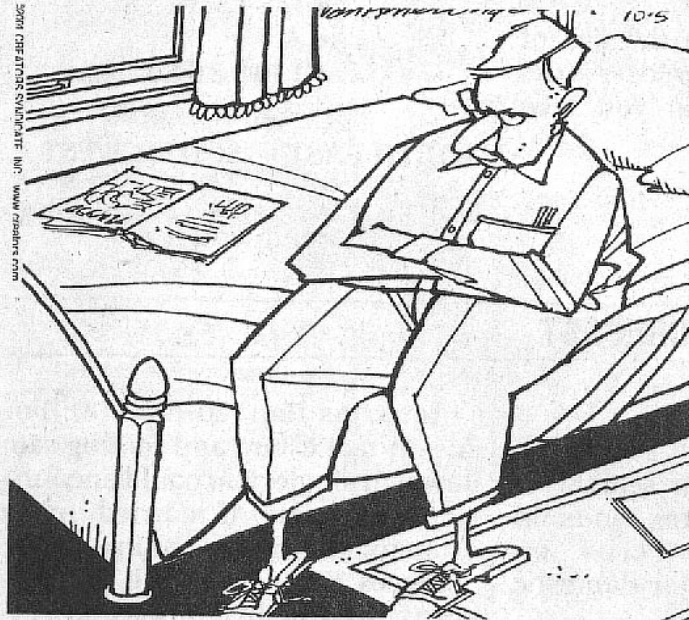
# Superego

- 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

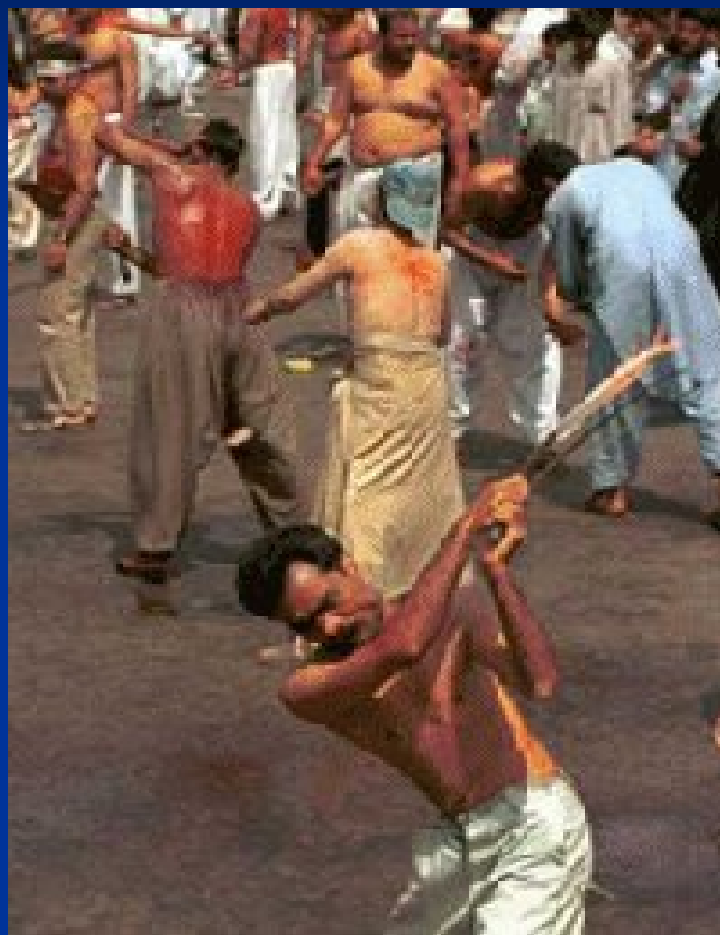
- Approves or disapproves of the ego's actions
- Critical self-observation
- Self-punishment
- Demands repentance or reversing a wrong
- Provides self-love or self-esteem for having done right

**BALLARD STREET** By Jerry Van Amerongen



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





# Freud's Structure of the Mind

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# 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

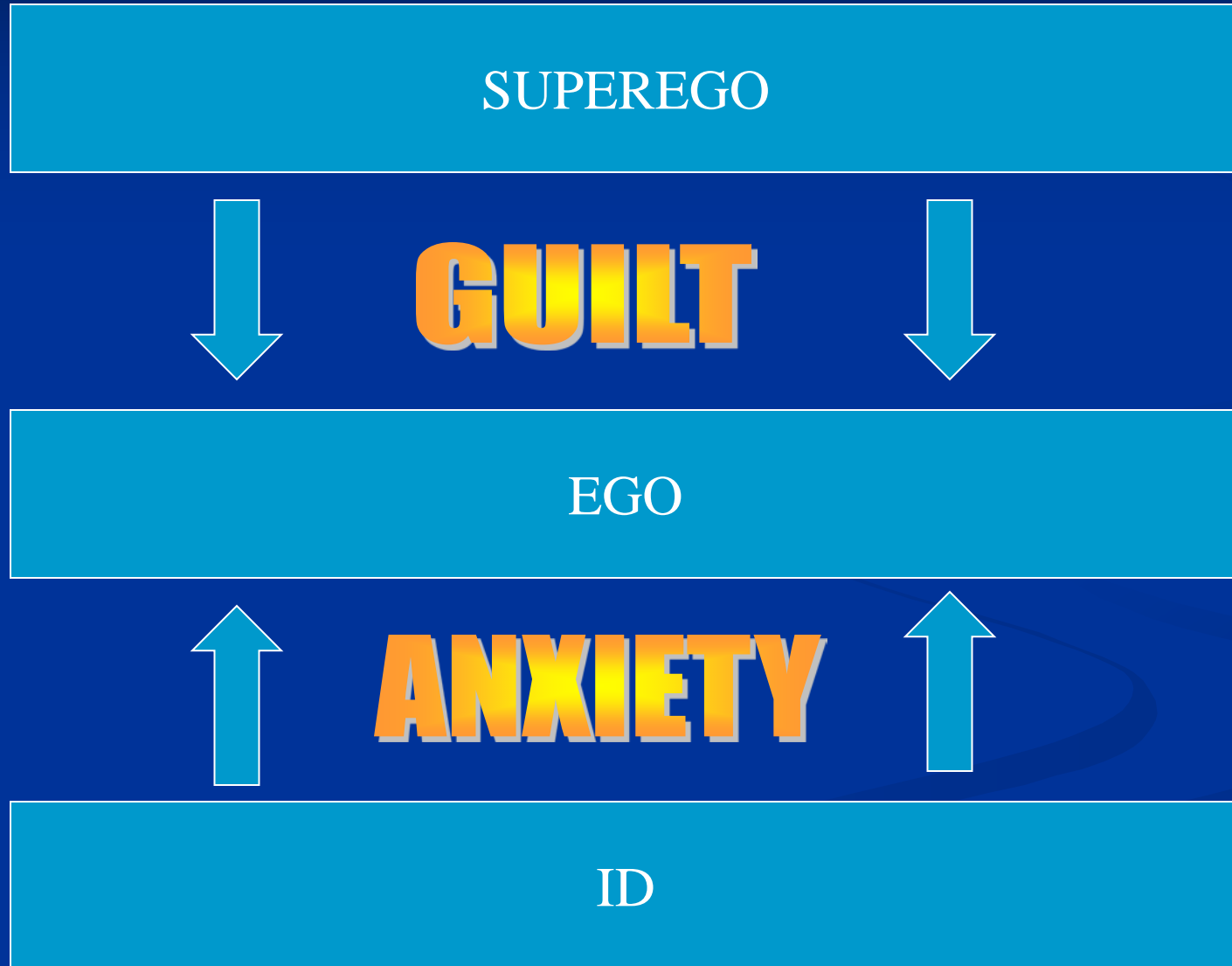
# Dreams

- 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



# 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





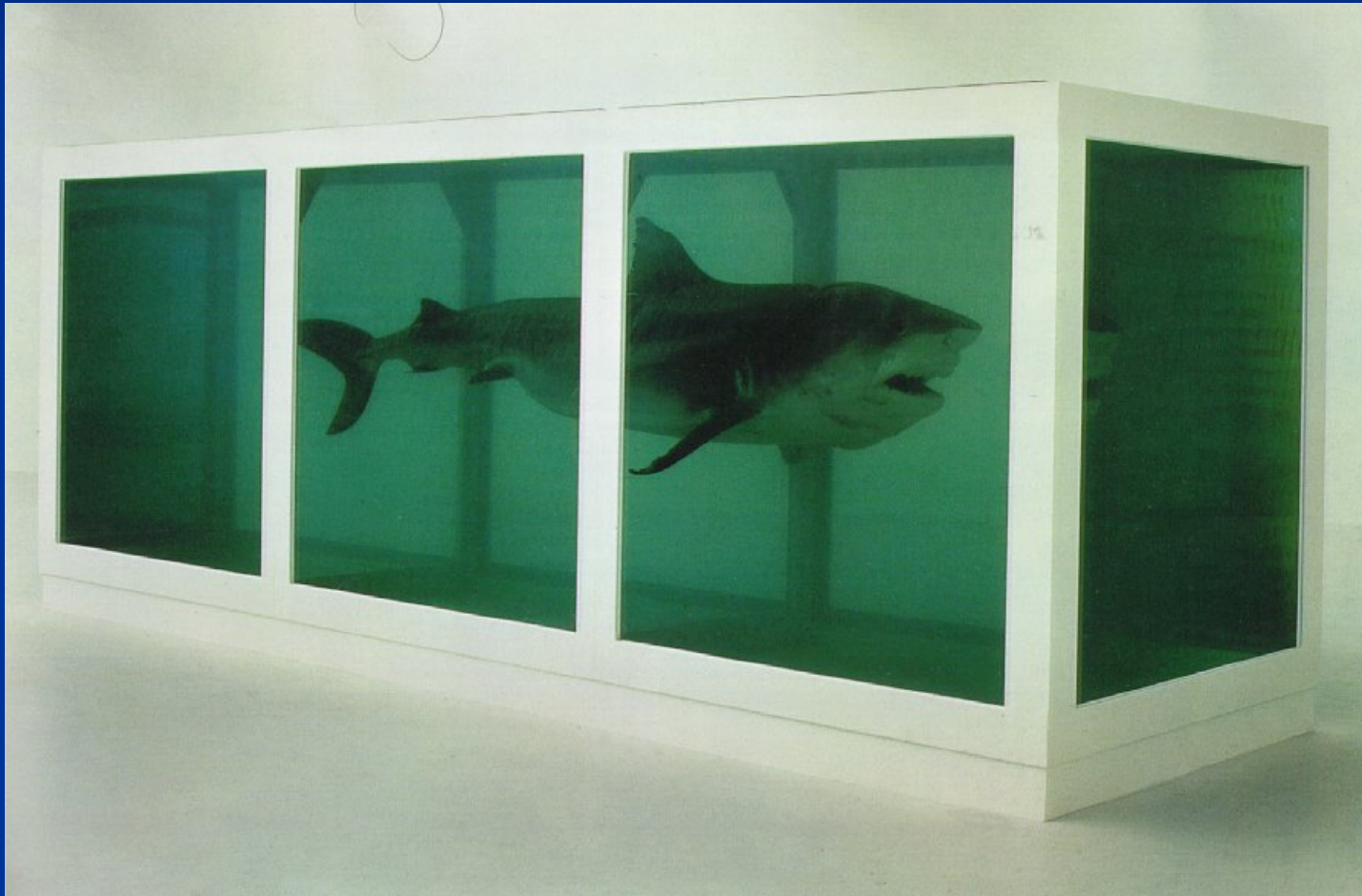


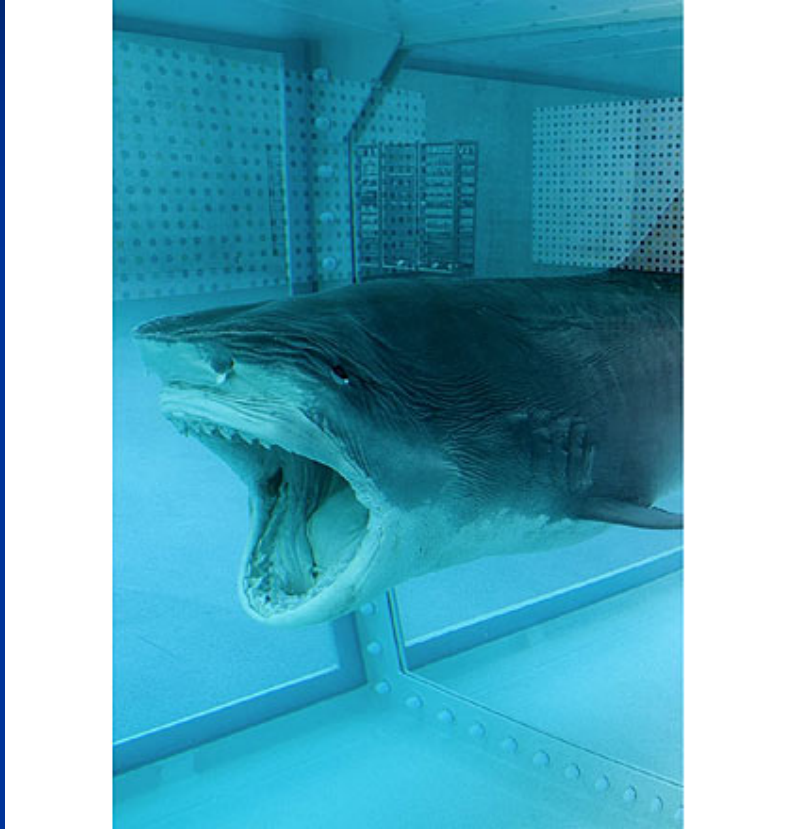






# The Physical Impossibility of Death in the Mind of Someone Living











**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