

# Understanding and Healing Anxiety

## What is Anxiety?

Anxiety is when you feel worried, stressed, or uneasy, even when there's no danger. It can be like your mind and body are always on edge, making it hard to relax.

Everyone feels worried sometimes, but anxiety happens when these feelings become strong, constant, and hard to control.

## How does Anxiety feel?

Anxiety can affect your body, mind, and spirit. You might notice:

- In your body: Feeling shaky, breathing fast, sweating, or your heart beating too quickly. You might feel tired but have trouble sleeping.
- In your thoughts: Worrying too much, feeling like something bad is going to happen, or having racing thoughts.
- In your actions: Avoiding people, places, or situations because they make you feel scared or stressed.

## What causes Anxiety?

Anxiety can happen for many reasons, including:

- Life stress: Family worries, work pressures, or financial struggles.
- Trauma: Difficult experiences in the past, like loss or grief, can leave deep scars.
- Health issues: Problems like pain, poor sleep, or other illnesses can make anxiety worse.
- Disconnection: Feeling disconnected from culture, Country, or community can add to feelings of unease.

## Healing from Anxiety

Healing is a journey, and there are many ways to manage and reduce anxiety. Here are some steps that might help:

- Yarn with someone you trust: Talking to a family member, Elder, friend, or a healthcare worker can help ease your worries.
- Connect to Country: Spending time on the land can bring peace and help ground your mind and spirit.
- Breathe and slow down: Deep breathing and mindfulness can help calm your body and mind.
- Stay active: Walking, dancing, or other exercise can help release stress.
- Reconnect with culture: Practices like art, song, or Ceremony can help you feel stronger and more connected.
- Seek help when you need it: GPs, healthcare workers, or counsellors can provide extra support, tools and resources to help you.

## What does healing look like?

Healing looks different for everyone. For some, it might be learning how to relax and sleep better. For others, it might be reconnecting with culture or building stronger relationships with family and community.

It's okay to take small steps, and it's okay to ask for help.

## Remember

Anxiety can feel overwhelming, but with the right support, healing is possible. Yarning with your GP or healthcare worker is a good place to start.

