

# Want to overcome anxiety?

The fear of threat, or anxiety, is like a strong gust of wind

It drags you in and makes you want to fight it or run away

Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions



When you face your fear, you will reduce the threat and glide



The **stem4** Clear Fear app is available as a free download from App Store and Google Play

Please note the app is an aid in treatment but does not replace it

[www.clearfear.co.uk](http://www.clearfear.co.uk) @clearfearapp #clearfear #facefearglide

Developed by **stem4** - registered Charity No. 1144506

**stem4**  
stemming teenage mental illness  
supporting teenage mental health

