

Understanding Anxiety

Why Avoidance Keeps It Going



It starts with a thought or feeling

A worry
A memory
A feeling of uncertainty



Your body reacts

Racing thoughts
Tight chest
Urge to escape



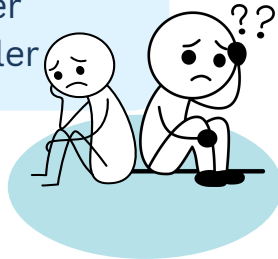
It feels overwhelming

Everything feels bigger
Hard to think clearly



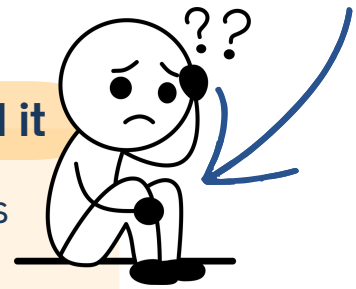
and the cycle continues

Anxiety comes back faster
Feels stronger
Life gets smaller



So you avoid it

- Cancel Plans
- Stay In
- Distract yourself



Breaking the Cycle.....

Small steps
Understanding anxiety
Building Confidence
Seeking Support



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