

Transcript of clip from Morra Aarons-Mele's Mind Tools Expert Interview

“Lots of people out there have anxiety that is preventing them from getting out of bed. I've been there: they're having anxiety that's so bad that they're having panic attacks and they can't function in their day-to-day life. I've been there too. And so, for them, anxiety is not a gift: it's a curse and it's something that they need to work on. And the good news is, there are many, many evidence-based treatments that allow us to work on it.

“So, anxiety is a complex gift because, like all hard things – like all things that make us different in a world that doesn't prize people who are different – it's something that we need to learn to manage, to understand, to have a relationship with. When we work through it, when we face the hard things, we unlock so many gifts.

“We unlock so many gifts: self-awareness, resiliency, empathy, compassion, an ability to respond well in a crisis, an ability to create a plan. But I cannot tell you that there's just a magic wand I'm going to wave and make your anxiety into something great. It's very complicated and it can be a mental illness. And we all need to learn to look our anxiety in the face and work with it.”

[Listen to the full 30-minute interview in the Mind Tools Club.](#)