



## Learn from Experts: Anxiety

**Question: What is the difference between feeling anxious and an anxiety disorder?**

*My kid's anxiety is INTENSE! Should I get professional help?*

**TRANSCRIPT**



[Video Link](#)

[Topic Playlist](#)

**Watch Time: 1:52 minutes**

**Read Time: 1 minute (approximately)**

**Dr. Amber May, Psychiatrist, The Bloomberg Institute:**

Anxiety is an essential emotion that serves a purpose. It helps us keep safe and out of harm's way. I like to think of it as a Spider-Man, sixth sense that knowing danger is near. Being able to tap into what our anxiety is telling us can be potentially life-saving. Anxiety can help motivate us to perform at our best. Many top academics, athletes and musicians feel some degree of anxiety before and even during a test, game or performance. But when it becomes problematic is when it begins to impair our ability to engage in our activities of daily life. And we look at these as our social functioning, our relationships, our occupational functioning, our jobs, and for kids this involves their academics. So when we start seeing a decline in grades or an inability to engage appropriately in the classroom, that's often when we become concerned and may want to consider having a professional get involved.