How Michael B. Jordan Readjusted After Playing the Villain in Black Panther

After a convincing performance as the movie's hateful bad guy, Jordan says he turned to therapy "to unpack and talk."

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Michael B. Jordan's role as the villainous Erik Killmonger in the 2018 film Black Panther took a toll on his mental health. Recently, the actor revealed that he sought professional help after shooting the Oscar-nominated movie, PEOPLE reports.

During an appearance on Oprah Winfrey's SuperSoul Conversations TV special, the 31-year-old discussed how the role of Killmonger affected him.

"I was by myself, isolating.... I spent a lot of time alone," he said. "I figured Erik [Killmonger], his childhood growing up was pretty lonely. He didn't have a lot of people he could talk to about this place called Wakanda that didn't exist."

Jordan also noted that he didn't take representing the African-American experience in the film lightly.

The actor explained that he didn't have a precise process for getting into character and just did whatever he felt was necessary and right in the moment every step of the way. "[But] I didn't have an escape plan, either," he said. "I think just being in that kind of mind state...it caught up with me."

Jordan added that it was hard for him to readjust to people loving and caring about him. Psychotherapy sessions showed him how powerful the mind is.

"Honestly, therapy, just talking to somebody just helped me out a lot," Jordan said. "As a man you get a lot of slack for it.... I don't really subscribe to that. Everyone needs to unpack and talk."

Click here to see how another African-American actor is working to promote awareness about mental health in the Black community.

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