Celebrity News: Selena Gomez Explores Mental Health Journey

By [Mara Miller](#)

In the latest [celebrity news](#) according to *USMagazine.com,* [Selena Gomez](#) speaks candidly about her struggles with mental health. Gomez was diagnosed with Lupus in 2014. She admitted that anxiety, depression, and panic attacks can be side effects of Lupus, among other symptoms of the disease. In 2016, the [single celebrity](#) took a step back from the spotlight to focus on herself. Breaking her silence, Gomez released a new song with Julia Michaels, titled

"Anxiety." It's great to see that Gomez is performing again, but, even better than having her music, she has been reaching out to her fans to let them know that she loves them. Gomez has, on occasion, even reached out to fans on Instagram to speak with them when she finds out they are struggling with mental health.

Selena Gomez's honesty with her mental health has made celebrity news because of the impact on her fans. What are some ways we can follow Selena's example and encourage mental health?

Cupid's Advice:

When you're going through a difficult time, whether with depression, anxiety, or any other number of other issues, here are some things that can help.

1. Try positive thinking: Negative thinking can be a downward spiral that is hard to come back from, and it can become difficult to be positive when you hardly have been. Only use words that will empower yourself. It may seem hokey and redundant, but positive thought is a powerful tool and will reshape the vocabulary your brain uses.

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2. Reach out to someone who you trust: Have a serious conversation with someone close who is willing to listen. Also, if it's bad and you don't have a support system, do not be afraid to seek professional help. There's *never* a reason to

be ashamed of how you feel.

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3. Exercise: Exercising can release endorphins in the body that relieves stress and boosts the mood. This doesn't have to mean working out in a gym. Try picking up martial arts classes or borrow a book from the library on introductory yoga. Exercise can also play double duty as something that you're doing for yourself, by yourself, and it can help you take your mind off of the things that are upsetting you.

What techniques do you have for maintaining mental health? Share your tips below!