

Celebrity News: Gigi Hadid Tweets Support for Zayn Malik After Canceled Concert Due to Anxiety



By [Nicole Caico](#)

Shortly after Zayn Malik took to Twitter on Saturday, June 11 to make a statement about missing a London performance due to severe anxiety, Gigi Hadid tweeted her support for him. Solidifying their “on again” [celebrity relationship](#) status, according to [UsMagazine.com](#), Gigi wrote, “We are all here to support you and make each experience easier. Your talent and good heart will never lead you wrong. Love you and so proud of you always ☺ xG.” Having just gotten back together after a

short split, Malik and Hadid are proving to be a perfectly supportive [celebrity couple](#).

In celebrity news, Zayn Malik is getting support from his partner. What are some ways to support your partner through mental challenges?

Cupid's Advice:

Like a lot of people, Zayn Malik copes with anxiety. Often anxiety is a mental challenge that gets played down, but it's nothing to glaze over. Being in a relationship with someone who has anxiety takes a bit of extra work and consideration. Gigi Hadid made sure to show her support on Twitter, and there are other ways to show support for a significant other with anxiety as well:

1. Patience: The most basic, but possibly most effective, way to support your anxious significant other is to be patient. Anxiety attacks can happen anywhere at any time, and nothing could make an attack worse than being criticized for needing some time to calm down.

Related Link: [Celebrity Couple News: Gigi Hadid & Zayn Malik Are Back Together](#)

2. Get a better understanding: Take time to learn if there are certain things that trigger your significant other's anxiety. Learn what your SO needs in order to calm down from an anxiety attack and try to give him/her that when the time comes. Taking time to understand your partner's anxiety will make your significant other feel supported and loved.

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3. Acknowledge their struggle: Anxiety is not the only mental challenge out there. Whether it is anxiety, depression, OCD, or any other challenge your partner may face, these steps apply. Being patient, knowing what you can do to help, and just acknowledging the fact that the mental challenge your partner faces is real and valid will help your relationship succeed.

How have you helped your partner through a mental challenge, or how has a partner helped you? Comment below!