

Sign of strength

Singer Demi Lovato says it is a sign of strength seeking help with your mental health, amid COVID-19 pandemic. "It's so important that people have these lines because sometimes you feel really alone and you don't know where to turn or who to talk to. You're afraid that these thoughts you're having are too dark, and you need guidance. That's where this comes in. It can provide help to people who are struggling. Asking for help is not a sign of weakness," she said.

"It's a sign of strength. Oftentimes our society tells us that if we ask for help, we are weak. But the strongest thing someone can do is take that first step in getting help, whatever shape or form that is." The 27-year-old singer, who has battled with mental health in the past, says she has really been enjoying focusing on the positives in lockdown. "I've been exercising and going on walks. I like walking my dogs. I was doing yoga in the beginning but kind of fell off. I'll start that back up again. Meditating anything that helps you focus and get centred is really good for you." —IANS



Demi Lovato



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Ellie Goulding

DIE ANOTHER DAY: HALLE



Halle Berry

Actress Halle Berry has shared that 'James Bond' star Pierce Brosnan once saved her from choking while filming 'Die Another Day'. She made the revelation when she appeared on 'The Tonight Show With Jimmy Fallon'. "I was supposed to be all sexy, trying to seduce him with a fig, and then I end

up choking on it and he had to get up and do the Heimlich," said the actress, who was seen as Jinx in 2002's 'Die Another Day'. "That was so not sexy. James Bond knows how to Heimlich! He was there for me, he will always be one of my favourite people in the whole world," added the 53-year-old. —IANS

Struggling with anxiety

Singer Ellie Goulding has opened up about her struggle with anxiety during lockdown due to the coronavirus pandemic, saying she is finding this quite hard. Goulding shared her struggles when she joined stars at the Global Citizen One World: Together at Home live concert on Saturday. The songstress admitted that she was finding the concept of performing to the online audience a quite hard "before delivering an acoustic rendition of some of her biggest hits. "I think it's amazing that we're all staying home keeping ourselves safe, keeping others safe. And amazing that we all get to be in something together, terrible as it is," she said. —IANS

BORN TO DIE

Singer Kelly Clarkson has joked that her children River and Remington are depressing little toddlers because they love her track 'Born to die' from the 'Trolls World Tour' movie. "We've watched it a few times now, they're in love with which is so messed up – but they're in love with that song I sing, 'Born to die.' I'm like, 'What?' And then the second choice is 'Just Sing.' And I'm like, 'How is that not your first choice, you depressing little toddlers?' But anyway, they love it," Clarkson told Brooke Reese on Apple Music. —IANS



Kelly Clarkson

REVEALED SECRET!



Naomi Campbell

Supermodel Naomi Campbell has admitted she eats only once a day to maintain her perfect frame. She made the confession when asked in an interview what her usual routine is for a Sunday. "I eat

my lunch. Lunch is my dinner, because I really only eat once a day," Naomi said. But she does believe in some sweet treats. She said: "Sunday is my treat, so I'll make desserts, my cakes and puddings." —IANS

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