# Bella Hadid calls for ban on modelling during menstruation amid health struggles



Bella Hadid recently showcased her signature off-duty style while leaving the luxurious Connaught Hotel in London, where she is staying during a promotional trip for her new fragrance, Orebella. The 28-year-old supermodel epitomised casual elegance, donning an autumnal striped jumper that paired seamlessly with loose-fitting blue barrel jeans. Accessorising with small black sunglasses, a sizeable brown belt that artfully tucked her jumper, brown loafers, and a sleek black leather bag, Hadid balanced comfort and fashion with effortless poise.

Her discreet appearance was punctuated by her willingness to engage with photographers, offering a warm smile as she slipped into her waiting car—a gesture that highlighted her approachable persona amidst the glitz and glamour associated with her high-profile career. The Connaught, a five-star establishment in Mayfair, charges upwards of £591 per night for its accommodations, setting the scene for a truly luxurious stay in the capital.

Hadid's time in London follows a striking appearance at the Cannes Film Festival, where she donned a leggy black off-the-shoulder dress, further asserting her status as a fashion icon. However, this week is particularly significant not just for her sartorial choices but also for her advocacy on health issues. In a recent interview, Bella opened up about her struggles with various health conditions, including Lyme disease, endometriosis, polycystic ovary syndrome (PCOS), and premenstrual dysphoric disorder (PMDD). These revelations underline her commitment to raising awareness about the realities facing many women, particularly as she suggests that it should be considered illegal for women to model while menstruating.

In a candid conversation with British Vogue, Hadid articulated her frustrations surrounding the demands placed on women in the workplace, especially in industries like fashion where physical appearance and performance are paramount. She stated, "We get our periods. You're shooting Victoria's Secret on your period, with endo. That should be illegal." Her bold declaration resonates with many who understand the societal pressures faced by women during their menstrual cycles. Bella's frequent discussions around her health challenges offer a refreshing perspective in a world often consumed by the idealisation of perfection and unfettered productivity.

This dialogue around health also reflects her ongoing journey toward self-care and mental well-being. In a world where social media can present an often curated and unrealistic version of life, Bella has chosen to share her vulnerabilities. She has spoken openly about her battles with anxiety and depression, encouraging her followers to embrace their struggles and seek support. From meditative practices before her shows at New York Fashion Week to daily positive affirmations that combat anxiety, Hadid's approach to mental health illustrates a mindful approach in a high-pressure environment.

Ultimately, Bella Hadid's recent appearances and her openness about her health journeys highlight an urgent need for greater conversation and awareness around women's health issues. Her advocacy extends beyond personal struggles, urging systemic change in how the fashion industry—and society at large—perceives and supports women during their menstrual cycles and beyond, fostering a climate where care is prioritised over perfection.

### Reference Map

1. Paragraph 1: [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
2. Paragraph 2: [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
3. Paragraph 3: [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.vogue.com/article/bella-hadid-health-struggles-instagram-post), [[4]](https://www.vogue.com/article/bella-hadid-anxiety-depression), [[6]](https://www.womenshealthmag.com/uk/health/mental-health/a43092825/bella-hadid-daily-positive-affirmations-anxiety/)
4. Paragraph 4: [[3]](https://www.vogue.com/article/bella-hadid-health-struggles-instagram-post), [[4]](https://www.vogue.com/article/bella-hadid-anxiety-depression), [[5]](https://www.vogue.com/article/bella-hadid-model-jason-wu-backstage-meditation-crystals-wellness-new-york-fashion-week), [[7]](https://www.vogue.com/article/bella-hadid-cover-april-2022)
5. Paragraph 5: [[3]](https://www.vogue.com/article/bella-hadid-health-struggles-instagram-post), [[6]](https://www.womenshealthmag.com/uk/health/mental-health/a43092825/bella-hadid-daily-positive-affirmations-anxiety/), [[4]](https://www.vogue.com/article/bella-hadid-anxiety-depression), [[5]](https://www.vogue.com/article/bella-hadid-model-jason-wu-backstage-meditation-crystals-wellness-new-york-fashion-week)

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## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.dailymail.co.uk/tvshowbiz/article-14725683/Bella-Hadid-cuts-casually-stylish-figure-jumper-jeans-leaves-five-star-London-hotel.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - An article from the Daily Mail detailing Bella Hadid's casual yet stylish appearance as she leaves a five-star London hotel. The piece describes her autumnal-striped jumper, baggy blue barrel jeans, and accessories, including black sunglasses, a brown belt, brown loafers, and a black leather bag. Despite her understated look, Bella smiles for photographers as she enters her waiting car. The article also mentions her stay at the upscale Connaught Hotel, where rooms start at £591 per night, and notes that she is in London for the UK launch of her fragrance, Orebella.
3. <https://www.vogue.com/article/bella-hadid-health-struggles-instagram-post> - Vogue's coverage of Bella Hadid's Instagram post revealing her ongoing health struggles. The model shares her experiences with Lyme disease, chronic illness, and co-infections, providing insight into the toll these conditions have taken on her life and career. She emphasizes the importance of self-care and mental health, expressing gratitude for the support of her family and fans. Bella reassures her followers that she is on the path to recovery and will return to her professional endeavors when she is ready.
4. <https://www.vogue.com/article/bella-hadid-anxiety-depression> - An article from Vogue where Bella Hadid opens up about her battles with anxiety and depression. She shares a series of selfies of herself crying, accompanied by a message to her followers about the reality of social media and the importance of acknowledging one's struggles. Bella emphasizes that social media often presents a curated version of reality and encourages those facing similar challenges to remember they are not alone.
5. <https://www.vogue.com/article/bella-hadid-model-jason-wu-backstage-meditation-crystals-wellness-new-york-fashion-week> - Vogue's feature on Bella Hadid's backstage routine during New York Fashion Week. Amid the chaos of the event, Bella maintains a calm demeanor by practicing meditation and mindfulness. She shares her morning ritual of meditating for ten minutes before starting her day, highlighting the importance of mental well-being in the high-pressure fashion industry.
6. <https://www.womenshealthmag.com/uk/health/mental-health/a43092825/bella-hadid-daily-positive-affirmations-anxiety/> - An article from Women's Health UK detailing Bella Hadid's use of positive affirmations to manage her morning anxiety. Bella shares her daily routine of reciting mantras such as 'We're gonna have an amazing day today, Bella' and 'you're not going to let your anxiety overrule you today, Bella.' The piece discusses the effectiveness of affirmations in reframing negative thoughts and promoting mental well-being.
7. <https://www.vogue.com/article/bella-hadid-cover-april-2022> - Vogue's April 2022 cover story featuring Bella Hadid, where she discusses her health struggles, including Lyme disease, hypothyroidism, and adrenal fatigue. The article provides insight into Bella's health journey, treatments, and the impact these conditions have had on her life and career. She shares her experiences with various therapies and emphasizes the importance of self-care and mental health.